

WARE RIVER NEWS

Vol. 133 No. 49

16 Pages

(Plus Supplements)

USPS 666100

\$31 PER YEAR - \$1.00 A COPY

THURSDAY, JANUARY 16, 2020

A TURLEY PUBLICATION | www.turley.com

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Public forum on Complete Streets program

Board of Selectmen Meeting Room, Jan. 23

WARE – Join town officials for a public forum on Thursday, Jan. 23, from 7 to 8:30 p.m. in the Board of Selectman Meeting Room at Ware Town Hall, 126 Main St. to discuss the work on a Complete Streets Prioritization Plan.

During the fall, the town introduced the Complete Streets Program and worked with the Pioneer Valley Planning Commission to overview the existing conditions and gather feedback from the community. At the Jan. 23 meeting, an overview of the public input received so far and the preliminary project list will be shared.

Complete Streets are those that provide safe and accessible options for all travel modes, walking, biking, transit and vehicles for people of all ages and abilities. The Complete Streets Program is a MassDOT-funded initiative to help municipalities make infrastructure improvements on municipally owned roadways to better serve all users.

Everyone's input is a vital part of identifying and refining key projects, so come learn about the program from the consultant team, Howard Stein Hudson, and share ideas.



Veteran revisits Battle of the Bulge 75 years later

By Eileen Kennedy
Staff writer

WARREN – Some of the strongest memories of World War II for U.S. Army veteran Rodney Perkins are the people, and that held true this past December when he revisited the sites of the Battle of the Bulge, in which he served.

“When one person introduced her grand-

Please see
VETERAN, page 8

World War II veteran Rodney Perkins in his Warren home with his U.S. Army service photo and his medals. He recently was part of trip to the Battle of the Bulge, which he fought in.

Sold-out Polish supper benefits Town Hall

By Melina Bourdeau
Staff writer

WARREN – Serving about 200, the Polish dinner last Saturday night at the Warren Senior Center, was a community-wide effort to help raise money for badly-needed work on the former Town Hall building in the middle of town. The Friends of the Town Hall, who held the event, said it was sold out.

Friends of the Town Hall President Kathy Kuprycz, of Warren, said the group has been hosting Polish dinners for about six years.

“Most of the people here helped us to make the food,” she said. “It was a community effort. We’re doing this for the Town Hall.”

She said the group hopes to be able to get a grant to make the building handicapped accessible.

“We’d really like to be able to use it for functions,” said Kuprycz. “It’s on the historical register, and we’ve been keeping up with the contract. There are many towns who are struggling, but little by little we do what we can.”

One of the reasons the dinner was so popular was that “people just love Polish food,” she said.

Along with cabbage pierogies, galumpki, kielbasa and rye bread, each table received a basket of desserts.

There were raffle prizes including a teddy bear, baskets

Please see **DINNER**, page 7



Turley Publications staff photo by Melina Bourdeau
Tracey Mazur puts together a plate at the Polish dinner in the Warren Senior Center on Saturday.



Turley Publications correspondent photo by Karen A. Lewis
The trumpet section in action, left to right, are Lois Sturtevant, Lisa Trimby, Devin Lyden, Jake Nahkala, Jeff Nahkala, Jenny Pratt and Steve Aliquo, before the Sunday concert.

Alumni make music together

By Karen A. Lewis
Correspondent

BARRE – Music has always meant a lot to the Nahkala family of Oakham.

Although not professional musicians, time spent playing their instruments while each attending Quabbin Regional High School in Barre has made a lasting impression.

Father Jeff is a business owner, son Jake is a firefighter at Logan Airport in Boston, and daughter

Jane now lives in Colorado and works in the food industry.

Last weekend the Nahkala trio joined close to 50 other musicians for the 8th annual QRHS Alumni Band, performing a concert to the public last Sunday afternoon in the high school auditorium.

“I loved playing in alumni band,” said an enthusiastic Jane Nahkala (class of 2014) after the concert. “It was great to see everyone and play my clarinet.”

For several groups of musicians, getting together each year

during a weekend in January has been a family affair; however for the Nahkalas, Jeff (class of 1981) has been the most consistent participant, playing in all eight weekends.

“Jane was the catalyst for getting us all to participate this year,” Jeff Nahkala said. “I think she wanted to enjoy doing a musical activity with her family all together. Now that she’s moved out of state, it’s a rare opportunity to

Please see **MUSIC**, page 6

Cookies by the case

Girl Scout cookies descend upon Western Mass.

By Tyler S. Witkop
Staff Writer

Those with a sweet tooth beware: hundreds of area girls hungry for experience will soon flood their communities with a favorite snack.

Area Girl Scout leaders from communities such as Chicopee, Hampden, Monson and

Wilbraham descended upon the Eastfield Mall in Springfield to collect their troop’s take of the cookies – by the case load.

According to Brandi Barcomb, of Hampden, regional cookie program manager for the Girl Scouts of Central and Western Massachusetts, 6,840 cases were unloaded from a network of trailers in the mall parking lot on the morning of Jan. 11. Thousands more were dropped at locations in West Springfield, Pepperell and Worcester.

Please see **COOKIES**, page 13



STAFF PHOTO BY TYLER S. WITKOP
A network of packed trailers with Girl Scout cookies awaited local troops to take their quota of the sweets for their fundraising endeavors.

Music director pedals for a cause

Proceeds to benefit band student trip

By Karen A. Lewis
Correspondent

BARRE – Clocking 155 miles, burning 3,650 calories, riding at the average speed of 18.6 miles per hour consistently for eight hours and 56 minutes, it’s all in a day’s work for Quabbin Regional instrumental music director Peter Lewis, as he fundraised for his students on Jan. 4.

Unlike the typical fundraisers like selling Krispy Kreme doughnuts or Yankee Candle Lewis chose to ride his training bike along with 10 consistent videos and ask for donations for completing them.

As the Quabbin Symphonic Winds prepares for a second visit to Washington, D.C. to play at the prestigious J.F. Kennedy Center in March, Lewis’ fundraiser, along with the others, are helping offset trip fees and with student scholarships.

“In the fall a student of mine said to me – you should do that Sufferlandria ride again to help

Please see **PEDALS**, page 3

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BUSINESS

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Scholarship goes to Ware woman

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SPORTS

Palmer beats Ware

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OBITUARY
POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph.

Death Notices & Paid Obituaries should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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\$31 per year pre-paid (\$36 out of state)
Newsstand: \$1.00 per copy

WEB

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community corner

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FREE THROW CHALLENGE The Ware Knights of Columbus Council #183 will hold a basketball free throw challenge on Saturday, Jan. 25, at 1 p.m., at the Ware Middle School gym for boys and girls ages 9 to 14. Registration is at 1 p.m., with challenge at 1:15 p.m. Parent or guardian is required for participation and they need to bring birth certificates for each child who is participating. This is a free event.

TEA, CHOCOLATE AND CHEESE The Warren Public Library, at 934 Main St., will offer Tea, Chocolate and Cheese: A History and Tasting on Saturday, Jan. 25, at 2 p.m. It will be a fun, educational talk highlighting the history and health benefits of tea and dark chocolate. Brewing a proper cup of tea, as well as the tenets of the Tea Ceremony, will be discussed. Includes samplings of tea infusions, various chocolate creations and cheeses, as well as trivia and poetry to accompany them.

This event is free. For more information contact the Warren Public Library at 413-436-7690.

TURKEY DINNER The United Church of Ware on Church Street will hold a turkey dinner on Monday, Jan. 27, from 5:30 to 6:30 p.m. Take-out dinners are available from 5 to 5:30 p.m. It is \$12 for people 11 and older and children under 10 are free. Credit cards are expected. There will be turkey and the fix-ins with potatoes, stuffing, veggie, roll, coffee, tea and dessert. To learn more call the church office at 413-967-9981.

SPAGHETTI DINNER The 12th Annual Hearts for Heat Spaghetti Dinner is being held on Saturday, Jan. 25, from 5 to 7 p.m. at the North Brookfield Elementary School cafeteria. The snow date is Feb. 29. As usual, the Hayden Masonic Lodge, North Brookfield PTO, Hannaford's Supermarket, North Brookfield High School Honor Society, and Valley View School students will be joining forces. The Otters be providing the musical ambiance. Tickets are \$8 or \$25 for a family of four or more and are sold only at the door. Takeout is available. There will also be a number of raffle items.

ONGOING activities

DOMESTIC VIOLENCE SUPPORT GROUP Were you in a relationship you felt was destructive? Are you in one now? Not sure? Come talk with us about this and more in a safe, confidential and supportive atmosphere. Come to The Healing Alliance Support Group for women questioning the health of their relationships on Domestic Violence Support Group at the Ware Learning Center, 23 West Main St, in Ware, on Thursdays, from 1 to 2:30 p.m. Free child care is provided. For more information please contact Pat James at 413-726-8661.

FAMILY GAME NIGHT will be held at the Gilbertville Public Library, 259 Main St., Gilbertville the first and third Wednesdays of every month from 6:30-7:30 p.m. People can sign up for the checkers tournament, enjoy lots of games, coloring or Legos. This program is

Are You Old News?

Each week the Ware River News digs into its submitted photo archives and selects a people photo to publish. We need your help to help identify those pictured.

Email your answers by Monday at noon to ekennedy@turley.com.

Michelle Zawalski identified the old news photo from Jan. 10, 1991 as her mother, Joanne Lis, number 12, and Amy Finocchio, number 20, playing for the Ware Lady Indians Varsity Team.

Can you identify the Cub Scout in this photo and what he's doing? Send your answers to ekennedy@turley.com.

made possible by a cultural council grant.

WARE DAUGHTERS OF ISABELLA, Circle 106 has temporarily changed its meeting place. Due to unforeseen circumstances, the meetings will be at the home of Carol DeSantis, 307 Belchertown Road, Ware, the second Wednesday of the month at 7 p.m. Notify Charlene at 413-813-8557 whether you are able to attend.

TEA, TREATS AND TALK are what Tea Party Thursdays are all about at the Paige Memorial Library, 87 Petersham Road, Hardwick. There are so many delightful people to meet. Come make new friends, meet old acquaintances and share conversation. Just come for tea (or coffee) or come propose a new activity. Meet at the Paige on Thursdays at 3 p.m. For more information email director. paigelibrary@gmail.com or call 413-477-6704.

KNITTING AND CROCHET CLUB The Gilbertville Public Library holds a knitting and crochet club meeting every Thursday from 2:30 to 4 p.m. All are welcome to come no matter their level of experience. Come and learn, lessons are given from 3 to 4 p.m. The library is located at 259 Main St. in the Gilbertville section of Hardwick.

HOMEMADE MEAL DELIVERY All Saints Church is starting a hot homemade meal delivery for anyone in Ware called Take and Eat, which will be available on the first Saturday of each month. The church would like to know of anyone, yourselves included, who would benefit for getting a hot homemade meal once a month. There is no charge

for the meal and there are no qualifications in getting the meal. Just asking for it is enough. Please call the rectory office at 413-967-4963 and give the name and address of the person or persons who would like to receive the meal. The program is built on the gospel of Jesus Christ, "I was hungry and you gave me food, a stranger and you welcomed me, ill and you cared for me."

WARE FUEL BANK The Ware Fuel Bank has once again received generous donations from local businesses and has funds to help Ware residents who are facing interruption of utility service during the heating season. The only requirement is being a Ware resident with proof of low-income status or a financial crisis. The United Church of Ware administers this program. Those who need help or those wanting more information should call the church at 413-967-9981.

NEW MEMBERS SOUGHT Ware Community Theatre is seeking new members. It is a nonprofit organization interested in enhancing Ware's culture by producing live performance plays, readings and solo persons of interest that may include musicals, dramas, local and national historical productions and timely events. They meet monthly on the third Monday at Workshop13, 13 Church St., Ware at 7 p.m. Please call 413-544-8381 with any questions.

COMMUNITY DINNER STARTS The Ware Senior Center, at 1 Robbins Road will hold free community dinners on the second Wednesday of each month beginning in January. All ages are welcome at the dinner.

NARCAN TRAINING The Ware Fire Department and the Quaboag Hills Substance Use Alliance are sponsoring free nasal Narcan (Naloxone) trainings on the first Thursday of the month at 2:30 p.m. and 7 p.m. Narcan or Naloxone is a medication that can rapidly reverse an overdose from prescription opioids or heroin. It can be purchased without a prescription at local pharmacies. If you or a loved one uses opioids, it is recommended to have Narcan and know how to use it. The free trainings will be held at the Ware Fire Department at 200 West Street. No appointments or pre-registrations are necessary, and those wishing to get the training can just walk in. For more information, contact Ed Wloch at ewloch@townofware.com or call 413-967-5901.

BAND SEEKS NEW MEMBERS Residents are invited to join the Ware Community Concert Band. Come and experience the satisfaction of rehearsing and performing in a large accomplished band. The Concert Band rehearses once each week in the Ware High School auditorium on Wednesday nights from 7 to 8:30 p.m. They perform two full-length concerts each season, one in December and one in June, and also perform at local ceremonies and events. Membership is open to all local and area musicians of all ability levels and all band instruments. The only requirement is a desire to grow musically. Exercise your talents and come join them in making the music. For more information contact John, the conductor, at jshobbs413@charter.net.

KNITTING CIRCLE The Warren Public Library at 934 Main St., in Warren is inviting knitters on Thursdays from 4 to 6 p.m. to join all ages and abilities of knitters at a new, ongoing knitting circle.

Stop by for a while or stay the whole time. A knitting circle is a great place to relax, create and chat with fellow knitters and to share favorite tips and tricks. Basic instruction will be provided to beginning knitters. For more information contact the library at 413-436-7690.

AMERICAN LEGION AUXILIARY-UNIT 123 WARE meets on the second Tuesday of each month at 4 p.m. at the Legion Hall on Maple Street. New members are welcome. For more information, please contact Michele at (413) 544-1996.

BASEBALL BOOK AVAILABLE The Ware Historical Society has added to its collection of the three Ware histories and other books of interest, "Ware Boys of Summer" by Ware native Stephen R. Katz. The stories of seven major league players from out small town is full of history of the game. Call Polli at 413-967-6882 to purchase a copy. The cost is \$15.95.

STORY TIME The Young Men's Library Association has story time every Tuesday morning at 10:30 a.m. located at 37 Main Street in Ware. After the story, there is always a craft. Come meet new friends! All ages welcome. No registration required. The library is wheelchair accessible. Contact Cathy Rezendes at 413-967-9691 for more information.

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CLUES ACROSS

1. Recurring TV show

7. Throws out

13. Iberian Peninsula microstate

14. Gossip

16. Atomic #20

17. Ivy League institution

19. Of I

20. "He is ___!": Scripture excerpt

22. Musical genre

23. Heavy cavalry sword

25. Ancient Olympic Site

26. Satisfies

28. Popular flower

29. Shared services center

30. Drain

31. A way to attack

33. Urban Transit Authority

34. Spiritual leader

36. Postponed

38. N. American plant with edible purple-black berries

40. Gazes unpleasantly

41. Gets up

43. Capital of Ukraine

44. Returned material authorization (abbr.)

45. Golf score

47. Superhigh frequency

48. Swiss river

51. Felons

53. Succulent plants

55. Soluble ribonucleic acid

56. Deliberately setting fire to

58. Infamous singer Zadora

59. Anwar __, Egyptian statesman

60. Influential sports mag

61. Aromatic Mediterranean plant

64. Sixth note of a major scale

65. Unit of explosive power

67. Large watertight chamber

69. Popular street

70. A way of watering

CLUES DOWN

1. Mollusks

2. ___, denotes past

3. Anchor ropes

4. Large Middle Eastern country

5. To make a mistake

6. Ancient governor

7. Extents

8. Chinese surname

9. NYC subway "residents"

10. Essential oil used as perfume

11. A way to treat injuries (abbr.)

12. Session

13. Units of land areas

15. Goes over once more

18. Where wrestlers work

21. Italian islanders

24. Avenue

26. __ Adams, U.S. President

27. Rest with legs bent

30. Type of flour

32. The Golden State (abbr.)

35. More (Spanish)

37. Stinging, winged insect

38. The use of irony to mock

39. Arsenals

42. Pouch

43. 22nd letter of the Greek alphabet

46. Violent seizure of property

47. Restrict

49. Something comparable to another

50. Punishment device made from stems

52. Soul and calypso songs

54. Formerly OSS

55. Athabaskan language

57. ___ bene: observe carefully

59. Six (Spanish)

62. Read-only memory

63. Chinese philosophical principle

66. American conglomerate

68. Tin

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Area Zonta Clubs ban together for The Period Project

WESTERN MASS - It's extremely hard for women living in poverty to deal with the monthly financial and physical burden of a period. Products are costly and are not covered by SNAP or WIC. The average woman requires over \$6000 disposables in her lifetime. For some women, that time of the month couldn't come at a worse time.

The Zonta Clubs of Northampton area, Quaboag Valley and Springfield are pooling resources for The Period Project to raise awareness and collect items needed during a monthly menstrual cycle.

The public is invited to join Zontians in distributing dignity to women and teens in need.

You can donate items to create monthly menstrual kits for homeless women and to stock supplies at local shelters and service centers. Find addresses/maps for drop-off locations throughout Hampden and Hampshire counties, and a link to an Amazon wish list at www.zontaqv.org/period. Items being collected include sealed boxes of pads or tampons, panty liners, cleansing wipes, hand sanitizers and soap, new pairs of underwear (any size) and/or money donations to purchase items in short supply. Checks can be made to Zonta, PO Box 1034, Belchertown MA 01007-1034

If you are available, you can



Submitted Photo

Zontians come together to take part in assembling kits as part of The Period Project.

help assemble monthly period kits on Monday, Feb. 10 at the Ludlow Country Club, Ludlow. The assembly will begin with a set up at 5:30 p.m. with dinner at 6 p.m. (\$18 – cash, check or credit card). RSVP by Feb. 4 to 413-219-8260 or info@zontaqv.org.

When many of us think about giving donations and goods to local organizations that assist families, the first items that come to mind are things like clothes, shoes and food. Many of us don't think about the other items that people with periods are in need of on a daily basis. It is our hope that you will contribute now and share this message in the new year and beyond.

The Zonta Clubs of Northampton area, Quaboag Valley and Springfield are part of Zonta District 01 – one of 32 districts throughout the world that forms Zonta International. It is comprised of 14 clubs located in Connecticut, Maine, Massachusetts, New Hampshire, Vermont, USA and Nova Scotia, Canada. Learn more about the clubs of District 1 and their local impact: www.zontadistrict1.org. The club welcomes like-minded individuals who share our vision of a world in which women's rights are recognized as human rights, every woman is able to achieve her full potential, and no woman lives in fear of violence.

Gobi announces grant for Polus Center

BOSTON – State Sen. Anne M. Gobi (D-Spencer) joined the Executive Office of Labor and Workforce Development in announcing that the Polus Center for Social & Economic Development has been awarded a \$75,000 grant through the fiscal 2020nEmployment Program for Young Adults with Disabilities. Located in Petersham, the Polus Center has more than 35 years of experience designing human service programs and promoting new opportunities for persons with disabilities and victims of conflict in the United States and throughout the world. Today, their primary work in Massachusetts is to help

people with disabilities gain the skills, credentials, career-support and work opportunities to help them find competitive employment.

“The Polus Center has made such a positive impact locally and globally,” said Gobi. “This funding will help to bring services to more people who are such important members of our communities and I encourage people to support the work of the Center.”

The Employment Program for Young Adults with Disabilities works to prepare these individuals for employment by providing occupational skills, coaching, and pre/post placement support. The Polus Center, serving the North Central

region, proposes to train and place participants in pharmacy technician jobs at both CVS Health and Walgreens. A past recipient of this grant, their program includes technical training and soft skills, and the organization has indicated a desire to partner more closely with the Massachusetts Commission for the Blind and the MassHire North Central Career Center in Leominster.

To learn more about the employment program, please contact Jessica Muradian, EOLWD Deputy Chief of Staff and Director of Legislative Affairs and Policy at Jessica.Muradian@Mss.gov.

PEDALS from page 1

raise money,” said Lewis. “I thought about it for a couple of weeks and decided to just go for it. I decided the only thing stopping me from doing it was me and that was it. I began training in earnest and set a date to do the actual ride.” Lewis was no stranger to the world of Sufferlandria as five years ago he did the exact same thing for the same purpose.

Many in the cycling world, who train at home, are familiar with The Sufferfest videos.

Set up in his band room on Jan. 4, Lewis began at 7 a.m. sharp and didn't finish until 5:17 p.m. “I was allowed to take no more than a 10-minute break between each video,” said Lewis.

“We came in during the halfway point, often the most challenging, when the end seems so far away,” said Quabbin District Music Department Head Toni Brown, who brought along her elementary-aged children to offer support. “My kids were surprised at the whole set up. Abe thought it was nice he was fundraising for his band kids and Liza thought he worked really hard to achieve his goal and didn't stop, even when it was hard.”

Having people stop by to show support was a blessing for Lewis, who trained for the ride five to six days a week, for several months leading up to the big ride. “It was a really great distraction to have visitors,” said Lewis. “It made the time pass faster and I really appreciated everyone who came by.”

Quabbin ninth-grader Angelina Riendeau was one of the students who stopped by with her mother last Saturday. “I wanted to visit and support him because he was doing this for the band and I'm part of the band, so that was the least I could do,” said Riendeau, who plays clarinet and is excited about the upcoming trip.

Although the bike fundraiser was something Lewis will probably never do again, it was worth it so music students are able to make the trip to Washington, D.C.

“When we get to travel and perform in venues like the J.F. Kennedy Center and Chicago Symphony Center, the students and I are treated like honored guests, and treated to views that most never experience, like looking out at the audience



Turley Publications correspondent photos by Karen A. Lewis

One of the 10 riding videos Quabbin band director Peter Lewis rode along with while completing the fundraiser to benefit his students going to Washington D.C. on an upcoming band trip.

from the world's grandest of stages, and receiving critique and review from the country's most celebrated conductors and composers in the band world,” said Lewis. “There is nothing like it. I mean that without exaggeration, nothing compares to the feeling you get when you are backstage in the Kennedy Center warming up. There is no other experience like it, in all of the world. It is all truly exhilarating.”

Donations are still being accepted and can be dropped off at the school, with checks being made out to Quabbin Pro Musica and in the memo stated D.C. trip.

Monson Savings Bank president announces 2021 retirement



Steve E. Lowell, 66, who has served as the president of Monson Savings Bank for the last nine years has officially announced his retirement effective February 2021.



Daniel R. Moriarty, Sr. has been named as Monson Savings Bank's president effective February 2021.



Michael R. Rouette has been named as Monson Savings Bank's executive vice president and chief operating officer, a newly-created position.

Daniel R. Moriarty Sr. and Michael R. Rouette promoted

MONSON -- Steve E. Lowell, 66, who has served as the president of Monson Savings Bank for the last nine years has officially announced his retirement effective February 2021. He is looking forward to continuing to serve in a vital role with the bank as chairman of the Board.

The Board of Directors of Monson Savings Bank is pleased to announce that Daniel R. Moriarty, Sr. has been named the bank's president effective February 2021.

Moriarty, 50, has been with Monson Savings for 22 years, serving as senior vice president and chief financial officer since 2011. He joined the bank in 1998 as an accounting manager, became controller in 2002, assistant vice president in 2004, vice president-controller in 2006 and was promoted to vice president-chief financial officer in 2009.

He was born, raised, and still resides in Monson. An alumni of

Monson High School, he went on to graduate with honors from both Providence College and the National School of Banking at Fairfield University.

“I am truly honored, humbled, and thankful to God for this exciting opportunity to serve the bank in this capacity. Monson Savings Bank is a special place with exceptional customers, remarkable employees and close to 150 years of tradition and independence,” he said.

The Board of Directors is also pleased to announce that Michael R. Rouette has been named executive vice president and chief operating officer, a newly-created position.

Rouette, 53 has been with Monson Savings over 30 years, serving as senior vice president and chief loan officer since 2016. Michael began his career at Monson Savings Bank in 1987 as a teller. He became loan officer in 1989, assistant vice president-loan officer in 1996, vice president-loan officer in 1996 and senior vice president-loan officer in 2011.

He is a graduate of Monson High School, as well as Old Dominion University, the

Rotary's Second annual Murder Mystery Dinner, Jan. 25

WEST BROOKFIELD – Join the Brookfields Rotary Club for our second annual Murder Mystery Dinner at Ye Olde Tavern, located on the common in West Brookfield. This year's theme is “Trouble at the Tropicabana.” For only \$25 per person you can enjoy a fun evening of food and entertainment.

The evening will include an interactive production by the “Murder to Die For Players” from Barre, a family style chicken dinner, and a raffle. The fun begins on Saturday, Jan.25, at 5 p.m.

Proceeds from this event will help support the humanitarian and community service projects of Brookfields Rotary Club. Tickets are available by calling Lynn at 413-262-8783 or Kathy at 508-867-0522. Due to limited space no tickets will be sold at the door.

For more information, follow the club at www.brookfieldsrotary.org and on Facebook.

Sen. Gobi aide lists office hours

REGION – Lucas McDiarmid, aide to Senator Anne Gobi (D-Spencer), will hold office hours throughout the district during the month of January. Constituents and town officials are invited to meet to express any concerns, ideas and issues they have. Attendants should RSVP to Lucas at Lucas.McDiarmid@MASenate.gov or by phone at 413-324-3082. Town attendance is not restricted to residents of those towns. He is additionally available by appointment.

Office hours include:

Monday Jan. 20 from 4-5 p.m. at Winchendon Town Hall

Tuesday Jan. 21 from 10 to 11 a.m. at Ware Senior Center and from 11:30 a.m. to 12:30 p.m. at Hardwick Town Offices

Wednesday Jan. 22 from 11 a.m. to noon at Templeton Town Hall, from 1:30-2:30 p.m. at Petersham Town Offices and 3-4 p.m. at Phillipston Town Hall

Free throw challenge

WARE – The Ware Knights of Columbus Council #183 will hold a basketball free throw challenge on Saturday, Jan. 25, at 1 p.m., at the Ware Middle School gym for boys and girls ages 9 to 14. Registration is at 1 p.m., with challenge at 1:15 p.m. Parent or guardian is required for participation and they need to bring birth certificates for each child who is participating. This is a free event.

NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

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The Ware River News will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 3. To request a correction, send information to ekennedy@turley.com, or call 967-3505. Corrections may also be requested in writing at: Ware River News, Attn: Editor, 80 Main St., Ware, MA 01082.

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EDITORIAL

Cookies offer girls a taste of responsibility

They're back! Those devilishly delicious delights in their rainbow colored boxes have now been delivered to area girls. If a family member hasn't already harassed you for sales, consider yourself warned: it's Girl Scout Cookie season. From the iconic Thin Mints to Do-si-dos, Tagalongs, Samoas and Trefoils, thousands of cookies have hit the streets for neighborhood distribution. While many adults will start running and hiding from their daughters, friends, family members and co-workers, this annu

ally tradition is for many young girls their first taste of responsibility and entrepreneurship. From hitting the ground and going door-to-door, calling their family members and getting creative with their individual troops, selling cookies does more than raise money for Girl Scouts. These cookie saleswomen learn necessary skills for their future, from dealing with rejection to marketing, which will pay dividends as they grow into college-seeking high school graduates and young professionals.

According to Dana Carnegie, community relations manager with the Girl Scouts, "57 percent of Girl Scout alumnae in business say the program was key in the development of their skills today." The first known cookie sales of Girl Scouts took place in 1917, which Carnegie said happened in Muskogee, Oklahoma, where Scouts baked cookies in their homes and sold them. Now, this annual tradition occurs in communities across the nation, with consumers having an assortment of mass-produced confections to choose from.

Interestingly, while sales have taken place since 1917, it wasn't until 1937 that they spanned the nation, according to a timeline on girlscouts.org. And during World War II, in 1944 calendars were sold instead of cookies. These cookies have been sent to troops serving overseas, into outer space and have even helped fight for racial inclusion.

For those who do give in to temptation, proceeds from sales support various local causes. Cookie sales have helped purchase a bulletproof vest for a female police officer, care packages for a local children's cancer center, and numerous worthwhile endeavors. Nationwide, girls use their revenue to help fund beneficial projects for their individual troops and their home communities.

Additionally, girls of all levels are eligible to receive annual "Cookie Activity" pins for their efforts and upon displaying proficiency in skills ranging from money management to business planning, they are eligible for a badge.

While the cookies may be an added treat for the pantry and the money is an added bonus for Girl Scouts, the experience dishes out a taste of real world responsibility. Next time a smiling face asks you to purchase a box of cookies, remember your response teaches her a valuable life lesson, even if it's the courage to do it again.

GUEST COLUMN

Framing a 2020 future

Things had to change. Every day we were realizing that we must focus on the problem. Not with just a passing glance, but to face reality clearly—or the inevitable would happen.

Especially this year, in 2020, even though our perceptions were awkwardly similar, we knew beyond a shadow of a doubt—that now, we must make individual choices. We needed to see further into the future—separately.

Evidence kept mounting. Confusion kept happening. Searches kept continuing. Options had to be faced head on. No more borrowing.

"This can't go on..." "Things look O.K. But, it's really not a good fit..."

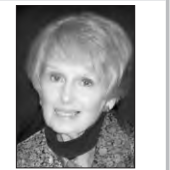
One of us had to make a bold, distinctive choice. But it must be comfortable and workable decision for both.

If changes didn't happen, 2020 wouldn't happen, and not seeing things as they really were would find us bordering on ignoring the problem.

While keeping reality in check, I began seeking practical ways of framing the future.

Soon I saw that the process was similar to

GUEST COLUMNIST



JOAN E. B. COOMBS

Seed catalogs offer plenty of useful advice

As I write it is 64 degrees and sunny outside. Unseasonable as this is for early-January, temperatures like these are good for the spirits; they remind us that the growing season is just around the corner. Although we are excited to get our hands dirty, it is still too early to start most seeds. It is, however, the perfect time to research the cultural requirements of your favorite plants as well as gather the necessary props to make your indoor seed starting efforts successful.

With seed catalogs arriving in the mail almost daily, it is tempting to recycle some of them before giving them a first glance. Don't do it! Many of them are loaded with useful information. Three of my favorites are Stokes (stokeseeds.com) for bedding plants, Johnny's Selected Seeds (johnnyseeds.com) for veggies and cut flowers, and Fedco (fedcoseeds.com) for all of the above as well as a good dose of plant trivia.

For example, look up ageratum in the Stoke's catalog and you will discover that its seeds need light in order to germinate and that it takes 10 to 12 weeks to produce garden-ready plants. Johnny's had similar advice. They also warn of starting tomato plants too early: only five to six weeks are necessary for small transplants; seven to eight weeks for larger ones. And according to Fedco, the optimum temperature for starting tomato seeds is

77 degrees; they'll poke through the soil in a mere six days at that temp.

All of the information you glean from catalogs can be put to good use when it comes time to start your seeds. How elaborate you want to get with your record-keeping is entirely up to you. At home, I have a three-ring binder that holds the last 20 years of my seed-starting experiences on loose-leaf paper.

Each year I mark down the varieties I sowed, when they germinated and when they were transplanted. I also make note of the seed source and the age of the seed. If the plants I produced were too large (or too small) I'll make note of that as well and adjust my sowing dates accordingly the next time I sow that variety. Arriving at a particular sowing date for the first time is quite simple: I take the recommendations of the catalogs and count backward from Memorial Day, the first frost-free date for our area. For example, if Johnny's recommends starting tomatoes eight weeks prior to setting them outside, I'll plan on sowing their seeds the first week in April.

My record-keeping at OSV was a bit more sophisticated. There I made up a spreadsheet of sorts that allows a column each for things such as variety name, seed source, number to be grown, sow date, transplant date and comments. Last year I grew some absolute-

ly beautiful coleus from seed and they were timed just perfectly. If I should grow them again some time in the future, I'll refer back to that sheet, knowing that a Feb. 8 sowing produced good-sized plants. I'll also recall from the comments section that the catalogs recommend using lukewarm H2O to water (coleus is finicky temperature-wise and cool water chills the soil enough that it has a hard time warming up again.) Sheets like these become quite an asset after a few years. Lord know I've looked back time and time again to check on one thing or another.

Go one step further and make your record-keeping complete by taking notes all season long. Our memory is quick to forget the particular squash variety that bore only two fruit when the catalog is singing the praises of its beauty. Write down how poorly it performed and I guarantee you'll remember it and won't order it again.

Stay tuned next week for information on the props necessary to start seeds indoors.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with "Gardening Question" in the subject line.

ON THE GARDEN



Roberta McQuaid

SOCIAL SECURITY MATTERS

Can my husband use the 'restricted application?'

By Russell Gloor
Guest columnist

Dear Rusty: My question is about the "restricted application for spousal benefits only" I saw referenced in an article. I will turn 66 in February and have applied for my "full retirement benefit" and will continue to work full-time. My husband turned 66 this month and has not yet applied for his benefits. According to the Social Security paperwork sent to us, I will receive about \$1,900 a month and my husband, who is self-employed, would only receive \$500 to \$600. If my husband claimed "spousal benefits only" using the restricted application, would I still receive my \$1,900 and he would receive 50 percent of that for an estimated total of \$2,850? Doesn't seem to make sense to me! As you can see, we must be in denial of our age and are not knowledgeable about Social Security. Signed: *Inquisitive Senior*

Dear Inquisitive: Based on the amounts you quoted in your email (which I assume were recent estimates from the Social Security Administration), your husband should claim his own benefits this month and then claim his normal spousal benefit in February when your benefits start. Since your husband has already reached his full retirement age of 66, his spousal benefit will be the full 50 percent of the benefit you are entitled to when you reach your full retirement age in February.

Although your husband qualifies for and can submit a "restricted application for spousal benefits only" (as described in the article you read), there is little reason for him to do so because his own benefit, even if he delays claiming it until he is 70, will be less than his spousal benefit from your record. Instead, since his spousal benefit from you will be the highest amount he will ever be eligible for, he can just claim his own benefit first and then



claim his regular spousal benefit to begin when your Social Security retirement benefit starts.

Here's why: If your husband's current benefit at his full retirement age (FRA) would be \$600 and he's not yet collecting, he could earn delayed retirement credits (DRCs) at a rate of 0.667 per month of delay (8 percent per year of delay). That will mean his own benefit would be 32 percent more at age 70 then he is now eligible for at his FRA, which means his maximum benefit on his own earnings record will be \$792/month (\$600 plus 32 percent).

The only reason to file the restricted application (for which he is eligible only because he was born before Jan. 2, 1954) is to let his own benefit grow while he collects a spousal benefit, so he can switch to his own higher benefit later. But since his spousal benefit from you will be about \$950, more than the maximum benefit he can get from his own record at age 70, his most prudent choice would be to simply claim his own benefit

now and apply for his normal spousal benefit to start when your Social Security benefit starts in February. No need for him to file the restricted application because his own benefit will never be higher than his spousal benefit. And just for complete clarity, your husband collecting his spousal benefit from you will not affect your own Social Security retirement benefit in any way.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisior@amacfoundation.org.

Russell Gloor is a Social Security advisor for AMAC.

IN MY BACKYARD

By Ellenor Downer

The Massachusetts Audubon Society reported the sighting of a glaucous gull at Whalom Lake in Lunenburg. The glaucous gull is the second largest gull in the world. It is 22 to 30 inches long with a wing span of 52 to 67 inches. They can weigh from 2.12 to 5.95 pounds. It breeds in Arctic regions of the Northern Hemisphere. It is migratory and winters from the North Atlantic and North Pacific Oceans as far south as the British Isles and northernmost parts of the United States. A few even reach the southern USA and northern Mexico. Adults are pale gray above with a thick, yellow bill. Immatures are very pale gray with a pink or black bill. Its call is a "laughing" cry similar to the herring gull, but deeper.

Pileated woodpecker

I received a call from a Ware resident, who has a pileated woodpecker excavating holes in a tree near his home. They make large, oval shaped holes in trees.

Bluebirds

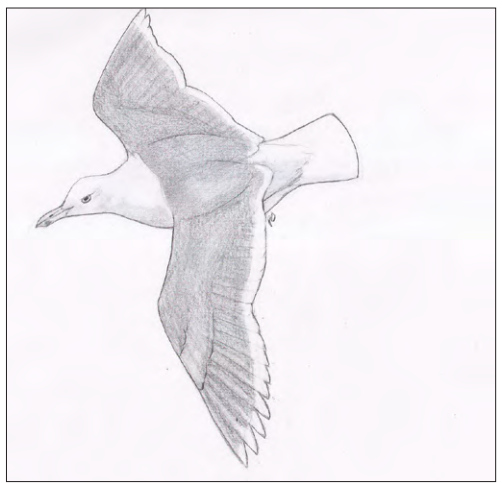
I have three to five bluebirds that come to my winterberry bush for the berries. After

I saw them, I put out mealworms for them. Tufted titmice and black-capped chickadees also like the mealworms.

I talked to an Oakham woman, who raises her own mealworms to feed the birds. She raises them in five-gallon pails, giving them bran and a sponge full of water once a week. Raising mealworms saves a lot of money. I have not ventured to do that as I find the live ones creepy.

Loon Preservation Committee

In 2019, the Loon Preservation Committee provided nest rafts to 90 pairs of loons displaced from their traditional nest sites by shoreline development, recreational use of lakes and water level fluctuations. The committee banded 32 loons and rescued 21 loons in distress as a result of illness or injury. They continued to partner with New Hampshire Fish and Game to expand the Lead Tackle Buyback program to nine participating stores. Despite these successes, loons remain a threatened species in New Hampshire and continue to face many challenges. Lead poisoning continued to be a major cause of adult loon mortality last year in total, nine adult loons died



Paula Ouimette, the author's daughter, drew this glaucous gull.

due to lead poisoning in 2019. Though it can no longer be purchased within the state, illegal lead fishing tackle persists in tackle boxes.

People may report a bird sighting or bird related experience by calling me at 413-967-3505 or emailing mybackyard88@aol.com or edowner@turley.com.

WARE RIVER NEWS

The Ware River News (USPS 666100) is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977. POSTMASTER: Send address changes to Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069.

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OPINION POLICY

Letters to the editor should be 250 words or less in length, and "Your Turn" guest column between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must authenticate authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Send opinions to:
Ware River News
Letter to the Editor
80 Main Street
Ware, MA 01082
or via email to:
ekennedy@turley.com

The deadline for submissions is Monday at noon.

2020 Turley Election Policy

This newspaper will print free self-submitted statements of candidacy only four weeks or more out from the election. All candidates running in both contested and uncontested races are asked to submit their statements to the editor to include only biographical and campaign platform details. Total word count for statements is limited to between 300-500 words maximum. Please include a photo. We will not publish any statements of candidacy inside the four weeks from election threshold. To publish any other campaign publicity during the race, please contact our advertising representatives. We also do not allow personal attacks against other candidates or political parties in statements of candidacy, nor do we publish for free any information about key endorsements or political fundraisers.

Letters to the editor of no more than 250 words from supporters endorsing specific candidates or discussing campaign issues are limited to three total per author during the election season. No election letters will appear in the final edition before the election. We reserve the right to edit all statements of candidacy and letters to the editor to meet our guidelines.

Michael H. Deslauriers Scholarship awarded to Ware woman

By Lauretta R. St. George-Sorel
Correspondent

WARE – Samantha Turek, a Ware resident who attends Suffolk University, was recently awarded the Michael H. Deslauriers Scholarship by Ware Amvets Post 2577.

Turek, a 2018 graduate of Ware Junior Senior High School, accepted the award at the American Legion on Maple Street last Thursday evening. Making the presentation of the \$1,000 award was a group of scholarship committee members, as well as Barbara and Henry Deslauriers, parents of the young man in whose memory the award was established 11 years ago.

Committee Chairman Richard Rucki said that Turek’s personal essay, in which she wrote about her relationship with her late grandfather, Robert Turek, was outstanding. In making their selection for the award, Rucki said that a number of factors are considered. “We look at each applicant’s grades, character, references from their teachers and guidance counselors, and volunteer activity, among other things,” he said. “The essay plays a big part, too.”

Michael Deslauriers was a graduate of Ware High School and Westfield State College, where he majored in music. His interest in music began at an early age, and although he became a talented musician who could play many instruments, he favored the trumpet. Polka music was his first love, and he made his initial musical appearance with a group called The Polkatronics. The group included his sister, Donna, and his brother, Chris. Mike and Chris played Taps at military funerals and town functions in Ware for many years, and both were honored for their loyalty



Turley Publications correspondent photo by Lauretta R. St. George-Sorel

Samantha Turek, center, was the recipient of the Michael H. Deslauriers Scholarship, presented by committee members of the Ware Amvets Post 2577 last Thursday at the American Legion in Ware. From left to right are committee members Steve Kutt, Committee Chairman Richard Rucki, Samantha Turek, Edward Wyzik and Barbara and Henry Deslauriers, parents of the young man in whose memory they established the \$1,000 annual award.

to the town of Ware in 2005. When he passed away in 2007, Mike’s family established the scholarship to honor his memory. Initially, the award was designated for a student who planned to have a career in music, Henry Deslauriers said, but it soon became apparent that very few students were pursuing a career in that field, so they decided to offer the scholarship with no career restrictions.

The eligibility requirement states that the student recipient must reside in Ware, but may attend a

high school in another town. Scholarship applications are distributed to all area high schools in March; interested students can contact their teachers or their guidance department to obtain an application.

Turek’s essay focused on her relationship with her grandfather, Robert, who was a father figure in her life. “I learned so much, like values, from my grandfather,” she said. “We spent a lot of time together, working on the farm, and he was my role model,” she added.

As a freshman at Suffolk

University, Turek is majoring in media broadcasting, an area that has always interested her. In her spare time, she works at a beauty salon, keeps physically fit by working out at the gym, and when she’s home in Ware during vacation, she works at Teresa’s Restaurant. She likes blogging, and she’s excited about joining a sorority.

Attending the ceremony were Samantha’s mother, Kimberly Turek, and her grandmother, Cynthia Turek.

FUTURE from page 4

what happens during an eye examination. When trying to interpret the wall chart—all 20 feet away at the end of the room—eyes must focus. The patient reads the alphabet letters. Then the professional makes an accurate observation and a conclusive diagnosis.

“Optical illusions happen,” I sighed and wondered, “Am I seeing this problem impartially? Can I solve it quickly?”

By forging ahead, making independent choices and making sure that the hindsight of lessons learned gave guidance I began fashioning my future in a bold, new way.

Let me bring clarity.

Because our eyeglass frames and the prescription lens strengths of our “off-the-rack” reading glasses were similar, our glasses were constantly and consequently getting mixed up. The borrowing was similar to a game of ping pong. The sharing needed to stop because the seek-and-you-shall-find methods weren’t always easy. Ugh. Or convenient. Ouch. (And this was before graduating into bi-focal lenses. Yup. That’s another episode.)

“How did you solve that dilemma?” you ask.

Here’s how: Step inside a local store. Find the eyewear aisle. Search for the unique. Buy a pair of large, zany, black-and-white-zebra-striped glasses bedazzled with shimmering rhinestones!

Now-a-days, by all appearances, although I seem to be making a spectacle of myself, things on the home front are so serene. By finding and wearing our own pair of reading glasses, we’re seeing things more clearly!

And we’re framing a 2020 future.

Martowski earns doctoral degree

By Lauretta R. St. George-Sorel
Correspondent

WACO, TEXAS – A Ware native, Jules C. Martowski, recently graduated from Baylor University in Waco, Texas, with a doctoral degree in psychology. His dissertation was “Psychology: Feasibility and Acceptability of a Brief Acceptance and Commitment Therapy (ACT) Intervention for Juvenile Offenders.”

Following graduation from Skidmore College in 2010,

where he earned a bachelor of arts degree in psychology, he worked at Mass General Hospital and McLean Hospital. In 2014, he earned a master’s degree from Baylor University and was accepted into the doctoral program.

Martowski was commissioned into the United States Navy in July 2018 and spent his doctoral internship at Walter Reed National Military Center in Washington, D.C. He is currently assigned to duty at Beaufort Naval Hospital in Beaufort, South Carolina.



Turley Publications correspondent photo by Lauretta St. George-Sorel

Ware native Jules C. Martowski graduated recently from Baylor University.

Auditor calls for improved controls of taxpayer data

BOSTON – In an audit released Dec. 16, State Auditor Suzanne Bump cautions inadequate controls at the state’s Department of Revenue could make sensitive taxpayer data, including Social Security numbers and tax payment history, vulnerable to cyberattacks and inappropriate disclosure.

The audit, which examined the period of July 1, 2016 through Dec. 31, 2018, found DOR was not prepared to respond to or mitigate cyberattacks faced by it or its vendors. The report notes DOR did not have procedures in place to guide its response to IT security incidents. Additionally, the department had not fully assessed the IT vulnerabilities facing third-party vendors that have access to personally identifiable information.

“The Department of Revenue has incredibly sensitive data about

every taxpayer and business in the commonwealth,” Bump said in a press release. “Taxpayers have no choice but to provide this information to DOR, so it has the responsibility to do everything it can to keep it safe. If this information was improperly disclosed by the agency or one of its vendors, it could wreak havoc on the lives of millions of Bay State residents.”

During the audit period, DOR faced a series of incidents that inappropriately exposed sensitive data. One data breach exposed the private information including tax payment records and tax identification numbers of roughly 39,000 business taxpayers. Additionally, the audit found computer problems delayed child support payments to roughly 1,500 parents, and a separate computer issue resulted in the agency accidentally sent near-

ly 6,100 mailings related to child support payments – which include Social Security numbers – to the wrong addresses.

The audit calls on DOR to establish an IT strategy committee to oversee the agency’s technology services, and encourages the department to update its agreement with the Executive Office of Technology Services and Security to clarify IT-related roles and responsibilities between the two offices.

In its response, DOR said it is taking steps to address the issues identified by the audit. The audit notes DOR has designed and implemented a training program to protect personal information and has policies supporting the protection of this data.

Quabbin Visitor Center announces Winter programs

BELCHERTOWN – The Quabbin Visitor Center will kick off its Sunday Afternoon Winter Program Series on January 19th with a presentation entitled “Unlocking the History of the Earliest Registrants of Automobiles in Central Massachusetts.” This free presentation begins at 2 pm and is open to the public. Join collector Alan Young to learn about the history of license plate issuance and automobile registration in Massachusetts. Young will give particular focus to an actual license plate issued to a prominent Enfield registrant in 1910. The presentation will be interactive with trivia questions and prizes of vintage license plates. Attendees are welcome and encouraged to bring examples of early license plates that they may have for discussion and questions.

This presentation is the first in the program series that explores the many dimensions of Quabbin Reservoir and related topics including: “Regional Consequences of Global Warming” on Feb. 9, “Discovering the Other Lost

Valley” on Feb. 16, “Quabbin Enters the Digital Age” on Feb. 23, “Voyagers, Visitors and Home” on March 1, “The National Ecological Observatory Network: Open Data to Understand How Our Aquatic and Terrestrial Ecosystems Are Changing” on March 8, “Fabric, Factories and Fashion: A History of Textiles in the Quabbin Valley” on March 15, “Ticks and Tick-Born Diseases in MA and Across the U.S.” on March 22, and “Walk the Milky Way” on March 29 (7:30 p.m. with Reservations required). Unless otherwise noted, the programs begin at 2 pm.

The Quabbin Visitor Center is located in the DCR Quabbin Administration Building at the west end of Winsor Dam in Belchertown. Access to the Center is through the Main (West) Quabbin Park entrance on Route 9, three miles east of the Route 9/Route 202 intersection. Seating and attendance are limited and on a first come, first serve basis. For further information regarding the program, please contact the Center at 413-323-7221.

Seats open for spring 2020 EMT training at HCC

HOLYOKE – A few seats remain open for Emergency Medical Technician training classes at Holyoke Community College for the spring 2020 semester.

HCC’s EMT Basic Course (EMT-B) begins Tues., Jan. 28, and runs through June 2, 2020.

The program consists of 13 weeks (170 plus hours) of in-class lectures and additional online study, training, field trips and workshops designed to prepare students for the state certification exam. The training takes place on Tuesdays and

Thursdays from 6-10 p.m. and select Saturdays from 8 a.m. to 4 p.m. at HCC’s Center for Health Education & Simulation, 404 Jarvis Ave.

The course covers all aspects of emergency care including patient handling, extrication and communication and makes extensive use of HCC’s medical simulation labs.

For more information or to register, contact Valentyna Semyrog at (413) 552-2123/vsemyrog@hcc.edu or go online at www.hcc.edu/become-an-emt.

STUDENT ACHIEVERS Quinsigamond Community College releases dean and merit Lists

WORCESTER — Quinsigamond Community College has released its dean’s and merit lists for the fall 2019 semester. A total of 537 students were named to the dean’s list and 881 students were named to the merit list.

Students named to dean’s list must have a Quality Point Average of 3.5 or higher and have earned 12 or more credits in a

given semester. Students named to the merit list must have a QPA of 3.5 or higher and have earned six or more credits in a given semester, but fewer than 12 credits.

The following students were named to both the dean’s list and the merit list: Kenneth Farrell and Samantha Frost, of Brimfield; Shari Martel, of Hardwick; and Madisyn Audette and Devin Veilleux, of Ware.

Designer pancake breakfast is Jan. 18

BARRE — Cradle Rock Chapter, Order of the Eastern Star, is hosting a Designer Pancake Breakfast on Saturday, Jan. 18 from 7:30 to 10:30 a.m. at Mt. Zion Lodge Hall, 71 Pleasant St. The cost is \$9 adults and \$5

for children 10 and under.

Full breakfast includes; designer pancakes, sausage gravy with biscuits, scrambled eggs, bacon, sausage, juice and coffee. All you can eat. All are welcome.

CHECK OUT ALL THE

Turley Publications

www.newspapers.turley.com

How to submit photos and news

Readers, local merchants, institutions, municipalities, non-profit groups, and civic organizations are strongly encouraged to send us their hometown news and photos.

- News items and press releases should be sent in an email to the news editor at ekennedy@turley.com as either an MS Word document attachment saved as text only, or pasted directly into your email message screen. Be sure to include who, what,

when, where and why in the submission, preferably written in the third person unless it is a first person letter to the editor or guest column.

- Please send photo captions identifying all subjects in your image(s) from left to right. We need first and last name, hometown, title, if applicable, and a brief description of what subjects are doing in the photo.
- Email uncorrected, raw, RGB color digital photos at highest resolution direct-

ly off your camera, or sized at least 20 inches wide at 72 resolution, 10 inches wide at 200 resolution. They may be emailed as attachments to ekennedy@turley.com.

- Publicity chairpersons are encouraged to send in news about upcoming fundraising or other calendar events at least three weeks before they take place.

We will respond to all email messages received.

If you don’t have e-mail, please mail these materials to:

80 Main Street, Ware MA 01082

LOCAL Opportunity IS KNOCKING

STAFF WRITER POSITION

Turley Publications is seeking an energetic person to fill the position of staff writer for two of its weekly publications: the *Ware River News*, which covers Ware, Hardwick and Warren, and the *Quabog Current*, which covers the Brookfields, Sturbridge and New Braintree. This full-time position is based in our Ware office at 80 Main St. The successful candidate will have strong community journalism skills or the enthusiasm to develop them.

The staff writer will cover municipal meetings, features and general news; essentially everything that unfolds in small towns. Assignments will be for both newspapers as well as other companywide publications.

Qualifications should include:

- Bachelor’s degree or equivalent experience
- Own camera and photography experience preferred
- Enthusiasm for community journalism
- Ability to write clean copy in a fast-paced environment

Please email resume and three writing samples directly to Eileen Kennedy Managing Editor at ekennedy@turley.com.

Turley Publications, Inc.
www.turley.com

LOCAL Opportunity IS KNOCKING

EDITOR POSITION

Turley Publications is seeking an energetic person to fill the position of editor for two of its weekly publications, the *Journal Register*, which covers Palmer and surrounding towns, and the *Ludlow Register*. This full-time position is based in our Palmer office at 24 Water St.

The successful candidate will have strong community journalism skills. They must also be able to manage a staff writer, including copy editing and guiding coverage. The editor is also expected to gather news and write stories for the two papers as well as for other companywide publications.

This is a job for a self-starter who has a vision for growing and connecting with our valued readers, and who enjoys community journalism.

Qualifications should include:

- Bachelor’s degree or equivalent experience
- Willingness to mentor a staff writer and correspondents
- Own camera and photography experience preferred
- Editing experience and ability to write clean copy in a fast-paced, deadline-driven environment
- Proficiency in Associated Press style
- Management experience and/or experience managing content for a print publication.

Please email resume and three writing samples directly to Eileen Kennedy Managing Editor at ekennedy@turley.com.

Turley Publications, Inc.
www.turley.com

Writers Circle helps teens with creative process

By Jonah Snowden
jsnowden@turley.com

PALMER – Teenagers who are interested in writing, and wish to meet and work with like-minded individuals, are welcome to attend the weekly Teens Writer Circle, hosted at the Palmer Public Library. Young Adult Services Librarian Bridgette Kennedy, whose main responsibility is to create programs for children in grades 6 through 12, created this creative writing club around the time she got hired in October of 2018. Kennedy’s main goal is to bring together teenagers who share a similar passion for writing, and turn it into a skill that could land them a good writing career.

“I was part of a writers circle in college [Merrimack College], and I met a lot of great people, and it really helped me expand my skill in writing, get better, and have my work critiqued by an audience. It wasn’t just people who critiqued it because I asked them to, it was people who were as invested in the piece as I was,” said Kennedy. “It was a great community, and I wanted that for the young writers here, because they’re all very talented, and I can’t wait to see what they do in the future.”

Also, Kennedy said that based on the other valuable experience that she received at her college writers club, such as author visits, she would like to bring that same opportunity to the library’s teen writers. For now, she said she wants to work on each member’s writing as a peer, and go beyond pointing out what she does and doesn’t like from each person’s work.

Kennedy said that while she likes to acknowledge what each writer is good at, she also wants to



The Teen Writers Circle, which takes place every Tuesday from 3:30 to 5:00 p.m., in the libraries Three Rivers Room, is a place for local teenagers with an interest in writing to meet and share ideas with one another. Rachel McNally, Tiffany Ganieany, Bindhi Lambert, and Abigail Sterner, have been in the club since it began.

help them branch out and work on other aspects of their writing that might need work. An example of this would be a writer that is good at writing characters, but needs more work in developing plot and dialogue.

Four members of the writer’s circle, Rachel McNally, Tiffany Ganieany, Bindhi Lambert, and Abigail Sterner, who are all seventh-graders from Palmer High School, and have been in the club since it first began, enjoy meeting up with Kennedy every Tuesday, and building on what they’ve worked on from the previous week.

Ganieany, whose favorite genre of literature is horror, is currently working on a novel titled “A Killers Friend,” a story about

a serial killer after the death of a close friend.

McNally, whose writing is more personal, is writing an autobiography titled “Diary of an Average Girl,” focusing on her own story.

Lambert, who also has an interest in horror, is writing a novel titled “What You Don’t See Can’t Kill You,” which is about a brain-washed girl, and the troubles she endures afterwards.

Sterner, who is also interested in horror, is working on a story called “Have Faith,” which is about the man who visits a physic, who tells him that he will die, and how it will happen. From there, he must take the necessary steps to avoid is inevitable fate.

When asked what they enjoyed

about the club, each of the writers said they get to spend time with one another as friends, who share a similar passion for writing. Also, Kennedy said that based off of their current work, she believes that if they keep at it, they will be successful in no time.

“These kids are going to be published by the time that they’re my age,” said Kennedy. “I can feel it, they’re all going to be great writers in the future.”

The Writers Circle takes place every Tuesday from 3:30 to 5:00 p.m., in the library’s Three Rivers Room. For more information, contact Kennedy by emailing her at bkennedy@palmer.lib.ma.us, or call at 413-283-3330, ext. 128.

St. Aloysius Catholic School offers scholarships for 2020/2021 school year

GILBERTVILLE – A benefactor of St. Aloysius Catholic School has pledged \$35,000 in matching funds towards the school’s 2020/2021 scholarship drive, \$5,000 more the amount offered last year. “This benefactor visited the school recently and is so happy that we are here, providing a local option for a Catholic education. He hopes that even more families will be able to enroll their children; reducing tuition is a big motivator for parents,” said Roberta McQuaid, the school’s director. “There is much excitement over the recent addition of another classroom for our youngest students. We now have distinct preschool and pre-kindergarten classrooms, which offer developmentally appropriate learning experiences for our 3 and 4-year-olds. We are also providing experiential learning experiences for our oldest students. Each week they spend an afternoon in Ware at Workshop13, where they are thoroughly engaged in various art classes.”

Last year the school raised slightly more than its goal of \$30,000. With matching funds, a total of \$60,435 was divided equitably to reduce tuitions by \$1,000 for each full-price student.

“Our goal would be to maintain, if not increase this discount. Currently, with the scholarship, it costs \$2,800 a year for a family’s first student in grades K-8, with a discount for siblings and a pre-

mium for the five-day preschool program. This equates to as low as \$20 per day” said McQuaid.

Father Richard A. Lembo, pastor, is grateful to everyone who supported last year’s scholarship drive and hopes even more people will contribute this time around. “The future you are providing for these students through their education includes a foundation for their Catholic Faith life. We know that faith in God helps support and sustain students through their entire life.”

St. Aloysius Catholic School’s unique mission includes operating in a family-centered environment that provides faith formation, innovative academics, and a commitment to the local community. The school serves students in preschool through grade 8.

For more information about St. Aloysius Catholic School or to make a tax-deductible donation that will be matched dollar for dollar to the Scholarship Fund, please visit www.staloyiuscatholicsschool.com. Donations can also be mailed to St. Aloysius Catholic School, P.O. Box 522, Gilbertville, MA 01031, noting “Scholarship Fund” on the memo line. Donations to the Scholarship Fund received prior to March 15 will help reduce tuition rates for the upcoming school year.

For more information email McQuaid at rmcquaid@staloyiuscatholicsschool.com or call the school at 413-477-1268.

Baystate Health has blood donation options

SPRINGFIELD--“Blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components – red cells, platelets and plasma.”

Those are the words of the World Health Organization, who along with Baystate Health and other organizations the world over are celebrating National Blood Donor Month in January.

“The bad weather along with a myriad of illnesses during the winter months makes collecting enough blood a challenge to meet the critical needs of patients. Held every January since 1970, Blood Donor Month serves as a reminder of the constant need for blood with the goal of increasing blood and platelet donations during one of the most difficult times of the year,” said Amy Osgood, Baystate Health’s blood donor recruiter.

“And at this moment we have an especially high need for platelet donations,” she added.

According to the Baystate blood recruiter, each year at Baystate Health, more than 6,300 patients receive more than 19,000 transfusions of blood products.

“At Baystate Health, 100 percent of all blood and platelet donations made to our Blood Donor Program are used locally in western Massachusetts,” Osgood said.

Additional “blood facts” include:

•Although approx. 38 percent of the U.S. population is eligible to donate, less than 10 percent actually do.

•Every two seconds someone in the U.S. needs blood.

•Nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.

•An average adult has about 10 pints of blood in their body. About 1 pint is given during a donation and the average red cell transfusion is approx. 3 pints.

•Over 1 million people will be diagnosed with cancer this year. Many will need blood, sometimes daily, during their chemotherapy.

•Blood donors have two options to donate blood at Baystate Health.

Although the American Red Cross recently suspended their local bloodmobile operations, Baystate continues to serve the blood needs of the community with its traveling bloodmobile.

Blood donations can also be made at Baystate’s Blood Donor Center located on the first floor of the hospital’s Daly Building in Springfield. Hours are Monday from 8 a.m. to noon; Tuesday,

Wednesday and Thursday from noon to 8 p.m.; Friday from 8 a.m. to 4 p.m.; and Sunday from 8 a.m. to noon.

An average blood donation takes less than 10 to 12 minutes. The entire process, from the time you arrive to the time you leave, takes less than an hour. Donors must be at least age 17, weigh at least 110 pounds, and be in good health. New donors will be asked to provide a photo ID. Whole blood donors are able to give blood every 8 weeks.

Platelets are important in the control of bleeding and are generally used in patients with leukemia and other forms of cancer, open heart surgery patients, transplant patients, and some trauma patients. Since they must be used within five days, maintaining an adequate supply is always a challenge. Baystate’s Blood Donor Center has state-of-the-art plateletpheresis machines called Trimas that are faster, provide a better end product, and use only one needle.

Whole blood can be donated every 56 days and up to six times each year. Platelet donors, who take part in apheresis, can donate as frequently as every two weeks, or 24 times per year.

Donors must complete a pre-donation questionnaire each time they donate blood. This is required by the FDA to help ensure that you are safe to donate. Donors may complete their questionnaire on their smart phone or computer prior to visiting the donor center or bloodmobile. The questionnaire, however, must be completed on the same day that the donor intends to donate. Access to the pre-donation questionnaire is available at <https://bmcdhq.bhs.org/DDAdv>.

To thank donors after giving blood or platelets, they can choose from a variety of gifts throughout the year, such as tickets to Six Flags New England, Dunkin’ gift cards, Big Y gift cards or tickets to The Big E.

Also, if donors do not know their blood type, about four weeks after their first donation to Baystate Health, their blood type will be recorded and shared with them in person during your their donation.

Any organization or business looking to host the Baystate Health Blood Donor Mobile can call Amy Osgood at 413-322-4125. To make an appointment at the Blood Donor Center, call 413-794-4600.

For more information, and to see where the bloodmobile will be throughout western Massachusetts, visit baystatehealth.org/services/blood-donor.



Alumni Band proved to be a fun family event for the Nahkals. Father Jeff Nahkala (far left) smiles with daughter Jane and son Jake.

MUSIC from page 1

have.”

Making the commitment to participate in this special weekend takes some planning. Quabbin District Band Director Peter Lewis, and director of alumni band, schedules three days of band rehearsals beginning with a three-hour session on Friday evening, an entire day on Saturday from nine to five, and a brush-up rehearsal on Sunday before the grand finale.

“The transformation of the band from Friday night to Sunday at concert time is remarkable,” said Lewis. “Their presence and sound is really inspiring.”

Jake Nahkala (class of 2012), who plays trumpet like his father, joined the alumni band for a third time, and was glad he did.

“Playing trumpet with my dad is always fun,” remarked Jake Nahkala. “I’ve been playing along side him for about 12 years with community band and a few alumni bands. My dad is by far a better trumpet player than I am, but I can always tell he appreciates my effort in practicing and learning my parts.”

“It was fun with my sister in the band,” Nahkala continued. “She was seated off to my right, down a few rows, but she always seemed to be playing her part on cue and having fun doing so.”

Selection of the program has always been an exciting thing for both Lewis and the participants. “I always like to include a mixture of compositions the alumni may have performed during their high school time, as well as compositions which are newer to keep current in the repertoire,” said Lewis.

“It was awesome to play ‘Incantation Dance,’ which I had played the first year I played with the Quabbin Symphonic Winds in eighth grade,” Jeff Nahkala said.

Lewis always appreciates the

mixture of people who come out to participate each year, with the majority being former Quabbin musicians.

Peter Cirelli (class of 1976), a professional musician who teaches music full time at Phillips Academy in Andover, was thrilled his schedule allowed him to participate. “For musicians trained at Quabbin, (alumni band) is a great opportunity to reunite and make music together again,” said Cirelli.

First-time alumni participant Krystal Ford (class of 2005) had been toying with the idea to join up and finally made the move this year.

“I had not played the saxophone for about 15 years,” confessed Ford. “Now and then I would pick it up and dabble with it, then put it away and apologize to my neighbors for the noise. Every time I picked it up, I was just happy I could still read music at all.”

After being motivated by a blues musician who played tenor sax at a local restaurant, Ford resolved to pursue alumni band as her way of easing back into playing.

“This year, I decided to give it a try. I thought it was a great experience. It was so inspiring to meet people of all ages that enjoyed playing,” she said. “It was great seeing old classmates and reconnecting with them.”

Although putting the alumni weekend together is a huge project, Lewis is always grateful for the help of Beth Bryant (class of 1975), and Mark Holloway (class of 1998) for their help in addition to Quabbin Pro Musica, the high school music support group and countless others who make the event successful.

For those thinking they are just too rusty to pick up an old instrument to play and participate, any alumni musician asked has



Dan Kittredge, left, and Peter Cirelli perform on euphonium while Scott Bryant, back, works out a percussion part.



Krystal Ford, far right, is joined by Christina Boyer-Thompson on baritone saxophone while Amy Bertleff, far left, plays bassoon and left to right are Jeff Nahkala, Jenny Pratt and Steve Aliquo play trumpet.

responded with a similar answer.

“Some may be reluctant to play after taking a few years off, but I hope they will reconsider,” said Cirelli. “This is a great opportunity to reconnect with old friends and to reconnect with one of the activities most important to us while growing up. How well you play is not so important, as each

section has active players who will lead others through the music. But getting together and experiencing this group is really a thrill and maybe these reunions will rekindle your desire to play, which you could then explore through the Quabbin Community Band in the summers.”



Turley Publications staff photos by Melina Bourdeau

Over 200 people were fed at the annual Polish dinner at the West Warren Senior Center, which serves as a fundraiser for the Friends of the Town Hall.

DINNER from page 1

from the Fire Department, a coffee basket and spa basket.

Ware resident John Skutnik came with his family members to the dinner.

“I’ve come before,” said Skutnik. “I know the Friends of the Town Hall in Warren. Currently, the Police Department is the only occupant and we support the police whenever we can. The food and company are great.”

Sitting with the Skutnicks was Dianna Rucki, of Ware, who said she came to support the good cause. “It’s nice to see people, help the Friends out,” Rucki said. “The music is good. I also make pierogi every year so I get to try them and see how they taste.”

Linda Wrobel, of Warren, said she enjoyed “the night on the town.” “I got to see a lot of people I haven’t seen in a long time – visit with them,” said Wrobel. “Everything was great.”

Michele Zaconiga, of Mineral Bluff, Georgia, said her mother wanted to go the Warren Senior Center.

“Everyone did a great job and atmosphere for the seniors, it’s a blessing,” she said. “It’s a wonderful event and community here.”

Local officials including Rep. Todd Smola (R-Palmer), Anne Gobi (D-Spencer) and Warren Selectman John Nason stopped at the dinner.

Nason said he considered the event “a town fundraiser.”

“I like to support the town as much as I can,” he said. “I also get to sit with my friends and family. My wife and her family helped make the food, too. It’s nice being here together enjoying a meal.”

Kuprycz said she wanted to thank attendees and volunteers for their help.



Volunteer, 11-year-old Abigail Odiorne gives diners their food at the Polish dinner on Saturday.



Volunteer, 10-year-old Matthew Skutnik helps to pick raffle tickets at the Polish dinner to benefit the Friends of the Town Hall on Saturday.

“It was great to see everyone have a good time and I hope we can have this again next year,” she said Kuprycz.



Friends of the Town Hall President, Kathy Kuprycz, thanks attendees for supporting the group.



Scot Mansfield holds up his raffle winnings at the Polish dinner in West Warren on Saturday.

ASPCA grants \$50,000 to Second Chance

NORTH BROOKFIELD – The American Society for the Prevention of Cruelty of Animals has awarded Second Chance Animal Services a \$50,000 grant to help care for medically needy pets in their animal relocation program.

Pets with extensive medical needs are often turned away from other shelters because they don’t have the resources to help. With an expanding nonprofit veterinary hospital system, Second Chance is uniquely qualified to treat these pets. The organization works with the ASPCA and a network of animal shelters along the East Coast to help these pets in peril in overcrowded shelters.

CEO Sheryl Blancato is proud that Second Chance is the recipient of this competitive grant. “Second Chance and the ASPCA have a history of working together to help pets,” she said. “We have been an Emergency Placement Partner since 2013, providing refuge and services for pets displaced by the recent hurricanes.”

“Last year, Second Chance took in homeless cats from an evacuating shelter ahead of Hurricane Dorian. Two cats had tougher medical needs,” said Blancato, who was part of the transport team. “One cat had serious heart and digestive issues. Our medical staff treated this guy and he got his second chance too.”

The grant will help pets that arrive at the organization’s Almost Home Transport Facility in North Brookfield. Pets in transports that cross state lines must meet a state-mandated 48-hour quarantine period. They get a full check-up by the Second Chance veterinary staff to determine what each pet needs prior to adoption. Their medical needs range from basic vaccines and spay/neuter surgery to treatment for heartworm or advanced dental disease, and in some cases surgery for prior injuries or illness. They are brought to the adoption center once cleared and when space is available. This ensures that local pets are not displaced for out of state pets so we can help meet both needs.

This grant will help ensure good health for pets in the relocation program, enabling Second Chance to continue to accept pets with significant medical needs. This is important because we are oftentimes their last chance,” said Blancato.



Turley Publications courtesy photo

Oreo arrived at Second Chance with serious medical issues on an evacuation transport ahead of Hurricane Dorian. The recent ASPCA grant of \$50,000 to Second Chance Animal Services will help animals such as Oreo, who have severe medical needs.

Second Chance is a nonprofit 501c3 tax-exempt organization that began in 1999 in East Brookfield and relies solely on donations from grants to operate. The organization operates an adoption center in East Brookfield, Community Veterinary Hospitals in North Brookfield, Springfield and Worcester. Second Chance helps over 40,000 pets a year through adoption, spay/neuter, veterinary care, community outreach, educational outreach programs, training, and a pet food pantry. For more information, visit Second Chance’s website at www.secondchanceanimals.org.

Transcranial magnetic stimulation for depression offered at Baystate Wing

PALMER -- Each year more than 16 million adults in the United States experience major depression.

Depression can drain your energy, hope, and drive, making it difficult to do daily tasks. Even thinking about the things that once made you happy, such as visiting with a friend, going out for dinner, or taking a walk, become unenjoyable, can seem exhausting or impossible to do.

“Major depression is one of the most common mental disorders in the United States,” said Dr. Shadi Zaghoul, medical director for outpatient and inpatient behavioral health at Baystate Wing Hospital.

Common symptoms ranging from insomnia or excessive sleeping, low energy, feelings of worthlessness or guilt, lack of pleasure in most activities or recurring thoughts of death or suicide.

“It’s important for people to know that needing additional help doesn’t mean you’re weak, depression can be treated and you can feel better. If you’ve taken self-help steps and still find your depression getting worse, then you need to seek professional help,” said Zaghoul, noting a first visit should be to your primary care provider.

The treatment plan for depression depends on the severity and type of depression a person is

experiencing. Some people benefit from psychotherapy, also called “talk therapy” or just plain therapy, a process where psychological problems are treated through communication and a relationship between an individual and a trained mental health professional. For moderate depression that doesn’t respond to therapy alone, medications are indicated. Other modalities of treatment for moderate and severe depression include transcranial magnetic stimulation, electroconvulsive therapy and the newly approved nasal formulation of the anesthetic ketamine called Esketamine.

“While medication is often helpful, for people who have not benefited from antidepressant medication, or have experienced challenging side effects, TMS is an FDA-cleared, non-drug, non-invasive medical treatment for patients diagnosed with Major Depression Disorder that has been proven to be safe and effective in treating major depression,” said Zaghoul.

TMS devices operate outside of the body and use a special magnet to stimulate neuron (brain cell) activity and connections between cells in different areas of the brain that are implicated in the development and persistence of depression.

“TMS therapy uses focused magnetic pulses to awaken areas

of the brain that are underactive in depression,” said Zaghoul. “By stimulating the release of neurotransmitters and increasing the neurons’ activity, this treatment can result in improved mood. It’s like waking up some of your brain cells.”

The Baystate Wing Hospital Griswold Center offers TMS NeuroStar Advanced Therapy at the outpatient clinic located in Palmer. Since it was introduced in 2008, NeuroStar Advanced Therapy has been proven safe and effective, with more than 2.5 million treatments delivered. The majority of patients experience relief within several weeks, and continue to feel better after treatment is complete.

“It’s normal to feel nervous about trying a new treatment,” noted Kelly O’Rourke, TMS coordinator at Griswold Center.

“Many of my patients have tried everything but still find it difficult to function day to day because of depression. I talk to them and encourage them to come back the next day for another treatment. Each day, I notice a change as my patients feel a little stronger and more confident in themselves and I remind them that it is the small everyday things that count,” she said.

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“When one person introduced her grandson to us, she said ‘these are the Americans who helped saved the world. They don’t let their young people forget what happened.’”

– Rodney Perkins

ABOVE: Rodney Perkins and a fellow soldier from their days serving during World War II, on the same street in Bastogne, Belgium this past December and how it looked in 1944. As members of the U.S. Army’s 87th Infantry Division, the two men and many others marched up the street and fought alongside each other as the German army fought them.



Speaker of the U.S. House Nancy Pelosi talks to Rodney Perkins during his visit with 15 other World War II veterans who traveled to France and Germany for the 75th anniversary of the Battle of the Bulge.



Belgium Prime Minister Sophie Wilmes talks to Rodney Perkins in Bastogne.



Rodney Perkins and his daughter, Tina Roberts, in a Bastogne restaurant.

VETERAN from page 1
son to us, she said ‘these are the Americans who helped saved the world.’” Perkins, 94, said this week in an interview at his Warren home. “They don’t let their young people forget what happened.”

He revisited places in France, Germany and Belgium, most notably Bastogne, which was involved in the Battle of the Bulge, in December 1944. The German and American armies fought in the Ardennes forest and converged in near-by Bastogne, as the Americans prevented the Germans from reaching Antwerp. The battle went on for seven days before the Americans were relieved by General George Patton’s Third Army. Perkins served Patton’s Army’s 87th Infantry Division.

He remembered sharing people’s houses with them as the fighting continued in Bastogne, and their limited food supplies.

“They shared a slice of bread, jam and warm milk with us,” Perkins recalled. “The barn was attached right to the house and they could go get milk from the cows.”

He remembers being with several people, including an older woman who was very upset about the possibility of German soldiers overrunning them, when a tall American soldier put his arm around and told her everything would be fine now. He no more finished speaking when he was shot and killed by a German soldier.

Once night fell, the Germans began setting fire to the homes, and eventually the one Perkins and other soldiers had taken cover in along with civilians began to burn as well, leading them all to run to other buildings.

Perkins also remembers the numbing cold, with many soldiers getting frostbit fingers and toes, and he still can’t go outside in very cold weather because it hurts his hands too much. The soldiers fighting in the Battle of the Bulge were without proper coats, gloves and boots. “We were told when the fighting started to take off our coats and put them in a big pile, and we would get them back later,” he said. “We did, but we never saw them again.”

To stay warm in foxholes, Perkins would switch cans of hash for little boxes of cheese, which helped keep his digestive system in better shape and provided material for tiny fires to warm his hands by.

When soldiers asked medics or other medical staff to look at their feet, they were told to put vasoline on them, which he found didn’t help that much. He did have two pairs of socks, and would tuck one pair under his uniform so it could dry out while he wore his second pair.

They wore light jackets through to the following spring and did not get a shower or new clothes for months, he said.

But no matter how they looked, the citizens liked what they saw. “They remember us as

being so kind to them and have never forgotten us,” Perkins said, just as he has never forgotten them.

But younger generations of French and Belgian residents were equally thrilled to see the American World War II veterans as they returned to the countries where they saw service.

“I didn’t expect all that,” Perkins said of the crowds that lined the streets three and four deep as the veterans rode in buses in a parade.

“They love Americans, they showed us so much respect and love,” he said. “They were so thankful and generous; so many asked for autographs and to take their photos with us.”

Perkins traveled with his daughter, Tina Roberts, also of Warren, who enjoyed seeing where her father served and the respect and admiration he was shown throughout the trip.

Roberts said Andrew Biggio, a Marine Corps veteran who’s organized other trips for World War II veterans, including a 75th anniversary visit to Normandy, pulled the trip together, which didn’t lack a thing. There was a doctor, a nurse, buses and several vans which were always available if any of the veterans got tired or weren’t feeling well and wanted to return early to their hotel rooms. Everything was free for the veterans as Biggio had fundraised to cover the trip.

Biggio also founded Boston’s Wounded Vet Run, and wrote “The Rifle,” a collection of sto-

ries from World War II veterans. Roberts said Biggio is working on another book about additional World War II veterans, including Perkins.

When asked what his favorite aspect of the trip was he was quick to answer. “It was all my favorite part,” he said with a big smile. He had to be convinced by Roberts to take part in it, but he is glad he did.

Roberts said one of her favorite parts was seeing her father and one of his fellow soldiers walking up the same street in Bastogne they had when they were there in 1944. She also enjoyed seeing him with officials, such as Speaker of the House Nancy Pelosi and the Belgium Prime Minister Sophie Wilmes.

“She was so kind and so sweet, she was not rushed at all,” said Roberts of Wilmes. “She really took time to talk to each of them.”

She also liked the posters and paintings of World War II-era American soldiers in all the stores, and the outpouring of love and respect for her father and the other veterans.

Perkins said he was proud he served. “Many of us were drafted, but we were all proud to serve,” he said. “We were never so united then as a people; in World War II everybody was on the same page from the elementary school students picking up metal for the war effort to the soldiers who were fighting it. We weren’t divided.”



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Kris Ayotte - Customer Service/Receptionist

Kris was born and raised in Northern New Jersey and moved to California in 2006. Her love of animals motivated her to start a career in the veterinary field in 2007. She began working as a receptionist at a small animal and equine hospital just outside of Sacramento. She then went to work at a small animal and exotics clinic in the Sierra foothills as head receptionist and H/R manager. It was at this time she began having more interactions with patients and began assisting with appointments in addition to her reception duties. Not wanting give up the close connection she had with clients to primarily work in the treatment area of the clinic she chose to work in both areas. She then worked at another Northern California small animal hospital specializing in Western and Eastern medicine, cold laser therapy and acupuncture.

In May of 2019 Kris, her husband Brandon and their cat Tippet relocated to New England to be closer to their family. She began working at Belchertown Veterinary Hospital and Canterbury Tails Veterinary Clinic in August of 2019.

In her free time Kris enjoys camping, hiking and being outdoors. She loves reading, listening to podcasts and spending time with family and friends. She looks forward to meeting you and your pet and providing knowledgeable care and service. She hopes to make your visit a great experience!



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Ware rebounds for win over Putnam

By Tim Peterson
Sports Correspondent

WARE — After starting 2020 with a four-point loss at rival Palmer, it didn't take the Ware girls varsity basketball team very long to get back on the right track again.

The Lady Indians began the first full week of the new decade with a 54-35 road victory against Franklin South Division rival Putnam on Jan. 6.

"This was by far our most complete game of the year," said Ware head coach Dan Orszulak. "We came out and executed extremely well on offense and coupled that with a stifling defensive effort as well. We were able to create turnovers in various presses and force Putnam to take difficult shots."

Leading the way offensively for the Indians against Putnam was junior guard Aidyn Welsh with a game-high 18 points. She also made a game-high three 3-pointers and five free throws.

The other two double digits scorers for the Lady Indians were junior forward Lexie Orszulak with 15 points and junior guard Olivia Vadnais with 13 points.

Rounding out the scoring column for Ware against Putnam were junior forward Chelsea

Please see **WARE GIRLS**, page 10

Venne's late trey sinks Ware

By Tim Peterson
Sports Correspondent

PALMER — Palmer senior Harvey Venne and his classmates will probably always remember facing archrival Ware for the final time in a varsity basketball game.

Venne sank a 3-pointer from the top of the key with 15 seconds remaining in regulation. It sealed the Panthers thrilling 49-45 victory over the Indians in a Bi-County League cross-over game played before a large crowd inside the Palmer High School gymnasium, last Wednesday night.

"It was probably the biggest basket that

Please see **WARE BOYS**, page 10



Photos by Lisa Thomas-DuFresne
Andrew Soltys makes his way toward the sideline.



John Soltys looks at his bench for a play call.

John Soltys and Cody St. Cyr vie with a Palmer player for a rebound.



Keith Smith starts to go up for a layup.



Derrick Shepherd scans the court as he sets to bring the ball down.



Hayden Perry drives toward the paint.

Photos by Jack Cascio NEAPsmugmug.com

COUGARS FALL TO NORTHBRIDGE

WARREN – A tough fourth quarter caused Quaboag to ultimately fall to visiting Northbridge last Friday night 53-45. Quaboag was right in the game before Northbridge's defense shut down the Cougars, limiting Quaboag to just six points in the final frame. Quaboag led 17-7 at one point in the game. Chris Paquette led Quaboag with 11 points while Hayden Perry had 10 points. Quaboag is 5-4 with a 2-4 record in the SWCL.



Brandon Valentin jumps high for this layup.



Alex Worthington leaps to bring down the pass.

Panthers take down Clinton

By Karen A. Lewis
Sports Correspondent

BARRE - It was a quiet week for the Quabbin girls varsity basketball team, as they only faced one competitor.

But that one competitor helped to improve the varsity overall record to 5-2 when they hosted and defeated the Clinton Gaels last Tuesday night, 57-23.

"We did a great job against Clinton, it was a great team win," said Quabbin head varsity coach, Ryan Burnett. "We have had a chance to work on things, especially on offense to give us some

different options against other teams' defenses."

Where in the past the Gaels have been known to be quite challenging for the Panthers, last week was not the case when Quabbin jumped out to an early 16-10 lead after eight minutes.

Sadly, a 10-point offensive run in the first quarter would be the most points Clinton would see in any quarter, as a tough Panther defense absolutely wore them down.

"We have been playing defense really well and I think we spread the floor offensively and everyone made a contribution offensively,"

commented Burnett, adding that it was a night the entire roster earned at least a pair of points. "When we get the bench involved in scoring, we are playing really good basketball."

After another 16 Quabbin points in the second quarter to Clinton's four, the two teams headed into the locker room with a 32-14 score, and unfortunately things didn't get any better for the Gaels after the break.

A 6-0 Panther run in the beginning of the second half with junior Julia Hamel and seniors Olivia

Please see **QUABBIN**, page 11

Pioneers drop decision to N. Brookfield

By Karen A. Lewis
Sports Correspondent

NORTH BROOKFIELD - A new coach, a young team and a first win are a few of the most recent updates regarding the North Brookfield varsity boys basketball team.

First year coach Jon Leroux celebrated with his team last Monday evening as the earned their first victory of the season, defeating Pathfinder Regional 65-39.

"Pathfinder was a great game for us," Leroux said. "It showed our players how good we could be when everyone does their part and we play together. I was extremely proud of the guys for their effort and execution against Pathfinder."

Leroux comes to North Brookfield with a plethora of eight years of coaching experience. Since 2012 he has held a variety of coaching jobs, including the assistant varsity basketball coach at Auburn High School

and the varsity football coach at Tantasqua.

"Our Auburn team went on to win the Clark Tournament (the year he coached)," said Leroux, whose journey of coaching then led him to a freshmen coach for one year and the next to a JV-varsity assistant, both basketball teams at Tantasqua. "We had a lot of success there (at Tantasqua). We made districts five years, went to two district championships and won one. I took last year off to help finish up my masters, which has led me here to North Brookfield."

And once the winter season ends, Leroux will be hitting the baseball diamond as the varsity baseball coach at Tantasqua.

"We have a great group of kids at North Brookfield," stated Leroux. "They work hard every-day and make it very enjoyable to coach."

Please see **PIONEERS**, page 11



Photo by Karen A. Lewis
Pathfinder junior Nicholas Beaulieu travels down the court against North Brookfield.

Indians deal Pioneers first loss of the season

By Tim Peterson
Sports Correspondent

PALMER — Despite being held scoreless for the entire third quarter, the North Brookfield girls’ varsity basketball team still managed to win a non-league game for the first time in more than two years.

The Lady Indians also became the first team to defeat Pathfinder this season by posting a 31-21 road victory, last Friday night.

“This was our first non-league win in the past two years, which is really nice. It was also very nice to beat an undefeated team on the road,” said North Brookfield head coach Lyndsey Bennett. “We play them again on Monday night and we’re hoping to come out with another win in our gym.”

The road victory against the Lady Pioneers improved the Lady Indians overall season record to 5-3. Their other four wins so far this winter came against South Lancaster (twice), Trivium, and Bethany Christian, who are all members of Worcester County League. Their non-league losses were against Quaboag, Ware, and Leicester.

The Lady Indians, who are trying to qualify for the Western Massachusetts Division 4 tournament for the seventh consecutive year, last non-league victory came at home against David Prouty by the final score of 45-22 on December 21, 2017.

The Lady Pioneers (5-1), who have qualified for the Western Massachusetts Division 4 tournament the past two years, began the regular season by defeating Gateway, St. Mary’s of Westfield, Sci-Tech, Renaissance School, and Commerce.

“We just missed a lot of shots and we also didn’t execute very well in tonight’s game,” said Pathfinder head coach Kevin Aldrich. “We did play very well in our first five games, but this is a very disappointing loss. You should be able to win a game at this level when you hold a team to only 31 points.”

The Lady Pioneers did celebrate a 32-23 road win versus the Lady Indians in the only meeting of last season.

The Lady Indians held the lead from start to finish in the first meeting of the regular season against Pathfinder.

“We normally struggle offensively early in the game and are able to pull it together during the fourth quarter,” Bennett said. “This game was a little bit different. We came out very strong at the start and kept the lead the whole game, which was very important because we didn’t score any points in the third quarter.”

No player on either team reached double figures in last Friday’s contest.

North Brookfield sophomore Serenity Ayala scored eight of her

game-high nine points in the first half.

“Serenity played a very good all-around game tonight,” Bennett said. “She’s also our leading rebounder.”

Junior Maddie Didonato scored six points, while eighth grader Evelyn Doe and sophomore Kelly Daige both finished the game with five points.

The leading scorer for the home team was senior Jocelyn Wells with eight points. Sophomore Cordelia Hageman scored five points and sophomore Allyson Dube added four points. Dube had scored ten or more points in four of Pathfinder’s first five games.

A field goal by Ayala with 3:19 left in the opening quarter gave the Lady Indians a 9-2 lead.

The Lady Pioneers were able to close the gap to 9-5 following a runner in the lane by Wells and a made free throw from Hageman.

North Brookfield took a seven-point lead again when Doe buried a 3-pointer from well beyond the top of the key just before the buzzer sounded ending the first quarter.

Doe also made a base-line lay-up a minute into the second quarter pushing the lead to 16-5.

During the next four minutes, the Lady Pioneers put-together an 8-0 run. Dube scored half of her team’s points during that stretch including an inside hoop, which sliced the deficit to 16-13 with

3:25 remaining in the first half.

North Brookfield held a 19-13 lead at halftime and neither team scored during the first seven minutes of the third quarter.

Pathfinder finally ended the drought with an inside hoop by Wells and a lay-up by senior Mackayla Weldon (2 points) making the score 19-17 North Brookfield entering the final eight minutes.

“We outscored them 4-0 in the third quarter, but it really should’ve been 15-0 or 20-0,” Aldrich said. “We missed a lot of lay-ups in the third quarter.”

A steal and fast-break lay-up by Didonato a minute into the final quarter began an 8-0 Lady Indians run. Her put-back hoop with five minutes left on the scoreboard clock pushed the lead back up to ten points (27-17).

“After not scoring a point in the third quarter, we put it together in the fourth,” Bennett said. “We used our full-court press to create steals, which led to baskets. It just gave us the momentum that we needed.”

A 3-pointer and made free throw by Wells were the only points Pathfinder scored in the fourth quarter.

While the Lady Indians were looking for a home win in the second meeting between the two teams that was scheduled to be played 72 hours later, the Lady Pioneers were looking to start another winning streak.

THE WEEK AHEAD

Ware High School

Boys Basketball			
Friday, Jan. 17	Away	Granby	7 p.m.
Monday, Jan. 20	Home	Baystate Academy	7 p.m.
Wednesday, Jan. 22	Away	Hampshire	7 p.m.
Girls Basketball			
Thursday, Jan. 16	Away	Greenfield	7 p.m.
Saturday, Jan. 18	Home	Palmer	5:30 p.m.
Tuesday, Jan. 21	Away	Quaboag	7 p.m.

Quaboag Regional High School

Boys Basketball			
Friday, Jan. 17	Home	Oxford	6:30 p.m.
Sunday, Jan. 19	Home	Nipmuc	3 p.m.
Girls Basketball			
Thursday, Jan. 16	Away	Oxford	6:30 p.m.
Tuesday, Jan. 21	Home	Ware	6:30 p.m.
Indoor Track			
Wednesday, Jan. 22	Away	Quad-Meet	5:30 p.m.

Quabbin Regional High School

Boys Basketball			
Thursday, Jan. 16	Home	Tyngsborough	7 p.m.
Tuesday, Jan. 21	Home	Hudson	7 p.m.
Girls Basketball			
Friday, Jan. 17	Away	Tyngsborough	7 p.m.
Tuesday, Jan. 21	Away	Hudson	7 p.m.
Indoor Track			
Friday, Jan. 17	Away	MSTCA State Relays	TBD
Wednesday, Jan. 22	Away	Meet 4	5 p.m.
Wrestling			
Saturday, Jan. 18	Away	Holliston 10 a.m.	
Wednesday, Jan. 22	Home	Marlborough, Shepherd Hill 6:30 p.m.	

Pathfinder High School

Boys Basketball			
Thursday, Jan. 16	Home	Hampden Charter	7 p.m.
Tuesday, Jan. 21	Away	St. Mary’s	7 p.m.
Girls Basketball			
Friday, Jan. 17	Away	Franklin Tech	7 p.m.
Monday, Jan. 20	Home	Duggan	7 p.m.
Wrestling			
Wednesday, Jan. 22	Away	Gateway	6 p.m.

WARE BOYS from page 9

I’ve made during my entire varsity basketball career. I really can’t describe the feeling that I had after making that shot,” said Venne, who finished the game with six points. “We played very well down the stretch and it’s a very big win for us.”

Venne, who’s a three-year member of the varsity basketball team, also gave his thoughts about facing Ware on the hardwood for the final time.

“It’s sad because this was our final game against Ware, who’s one of our biggest rivals,” Venne said. “I’m just very happy that we get to celebrate a win tonight. We have the bragging rights now.”

The victory improved the Panthers overall season record to 5-2, which was the same overall record that Ware had following the game.

The other Palmer seniors are Alex Gladkowski, Trevor Lamberton, Tyler Placanico (4 points), Gabe Coleman, Nick Pappaceno (1 point), Chad Bigos (11 points), Nate Letendre (8 points), and Jacob Bollea.

“We’re a senior laden team this

year and all of them are very good leaders,” said Palmer head coach Edward Anderson. “Ware beat us in our gym last year and it gave my players a little extra motivation entering tonight’s game. The players will probably still be talking about this game against Ware twenty or thirty years from now.”

While the Panthers seniors combined to score 30 points, sophomore Jack Letendre led the Panthers offensively with 17 points.

A year ago, Ware trailed 15-4 at the end of the first quarter before battling back for a 49-33 victory. It also marked the first time that Ware won a game at the Palmer gym in nine years.

“This has always been a very big game for both teams,” said Ware head coach Gene Rich. “It was a hard-fought battle and we would certainly like to play them again, but it’s the only meeting of the season.”

This past fall, the Indians football team celebrated a 34-28 victory at Legion Field in the 94th meeting between the two neighboring high schools’

The only senior listed on the Ware varsity basketball roster is James Berthiaume, who’s a first-

year member of the varsity team.

Junior John Soltys led Ware offensively with a game-high 19 points.

“John played very well at both ends of the court,” Rich said. “They did put a lot of pressure on us at the end of the game.”

No other Ware player reached double figures.

Junior Keith Smith and sophomore Cody St. Cyr each finished with seven points, while junior Dillon Slattery chipped with six points. Sophomore Andrew Soltys added four points.

The Indians took a 45-38 lead with 5:54 remaining in last Wednesday’s contest following a put-back hoop by junior John Soltys.

The basket gave the Indians their largest lead, but it turned out to be their final points of the game.

“Our defense held them scoreless during the final six minutes,” Anderson said. “We also rebounded very well down the stretch.”

Back-to-back inside hoops by Nate and Jack Letendre closed the gap to 45-42 with 3:45 on the scoreboard clock.

A little more than a minute later, another inside hoop from Placanico

made it 45-44.

The Panthers retook the lead at 46-45 with 1:25 left on a put-back hoop by Nate Letendre.

The Indians had several chances to retake the lead again, but they missed a couple of shots and a free throw attempt.

Then Venne gave his team a four-point cushion by hitting a 3-pointer, which turned out to be the final points of the ballgame.

“That was a huge shot by Harvey at the end of the game,” Anderson said. “None of our players are scared to make the big play.”

It was a very close game during the first three quarters.

A 3-pointer from the right side in the final seconds of the opening quarter by John Soltys gave the visiting team a 16-12 lead.

Palmer held a 24-19 lead with three minutes left in the half, but Ware led by one point (26-25) at halftime.

With the help of a 9-2 run, the Panthers took a 34-28 lead in the middle of the third quarter.

The Indians responded with an impressive 17-4 run, but they watched their lead slip away during the final five minutes.

BONDVILLE BOWLING NEWS

By Dave Smigiel

In the final matchups before the holidays, The Narutowicz opened with a 513 team single and went on to post a 5-2 victory over the Central leading Night Hawks. Lee Robinson’s 115, Harry McKeon’s 114, Dan Trzpit’s 108 and Cricket Trzpit’s 104 countered Dave Smigiel’s 107 and Darryl Sinclair’s 126. Smigs came back with a second 107 but the barmen took the points as Lee’s 112 was just enough. Lee added a 111 finisher (338), Dan 107 (303) and Cricket 106 (310) but the Hawks got the win with a big 522. Smigs’ super 133, Darryl’s 129 and Doug Grigas’ 101 was just what the doctor ordered. Smigs topped the Hawks at 347 with Darryl right behind at 346. As a result of this match, the Towicz has pulled to within two points of the West lead while the Hawks have been knocked off the top of the Central.

The Fans of Kayce Smith got past Zeke’s Freaks 5-2 and have taken over the lead. The Fans opened with a narrow two-pin win as Tom Clauson’s 124 along with Brian Rowe’s 107 did the trick. In the second, Mike Nicholson’s 121, Brian’s 109 and Rich Dunnack’s 106 was plenty. Mike added a 106 third but the Freaks got the better of it despite their top score being 95. All four Fans were over 300 with both Mike and Tom leading the way at 320. Brian totaled 312 and Rich 301. Zeke Sicard was the top Freak with his 105 and 281.

The Snappers have struggled to this point this year, however, this week they shocked the Incredibowls 7-0. Kevin Krasnecky with 342 (107, 119, 116) and Ed Stachowicz at 339 (123, 105, 111) combined to inflict

most of the damage. Their mates contributed to the win as well: Rusty Lambert’s 118 second (311) and Andy Tombor’s 115 third (298). Peter Swistak led the opposition at 321 (101, 104, 116) while Kayla Brunk chipped in with an excellent 307 (104 & 110 singles) and Aaron Plankey a 106 middle stanza. Should the shellmen turn their season around, they may look to this week’s action as the key.

Kibbe’s Saw Mill cruised past Sandri seven nothing despite a big night from Sean Andersen. Sean paced Sandri at 359 (115, 130 and 114). Randy Harper tossed 113 and 102 singles (308) and Sue Horton a 110 in the losing effort. Steve Kibbe was the main man for the Saw Mill as his team leading 334 resulted from singles of 113, 106 and 115. Dave Fennyery filled in with 321 (107 and 116) while Brian Kibbe added a 101 second.

Roll-A-Way had few problems shutting out the red-hot Slow Burners. Phil Clough was the top scorer at 346 (109, 122, 115) while Dan Josefiak followed with his 111 and 314. Joey Martin added 304 (107 and 112) and Paul Martin 303 (108 and 104) to the mix. Nate Orszulak was the Burners best at 315 (108, 107, 100). String number two was decided by five.

Our final match found Fire Mountain decisioning the Cannonballs 5-2. Rick Trott and his dynamite 351 (129 and 134) led the way. Gary Delisle added a pair of 100’s and 106 (306) while Vince Bradley totaled 304 (100 and 113). Keith Marchessault topped the Cannonballs with his 315 which resulted from strings of 101, 108 and 106. Micah Hincley added 307 (109 and 101) and Ralph Marchessault a 104 in their string three victory.

HoopHall set to showcase many teams, Jan. 16-20

SPRINGFIELD — The Naismith Memorial Basketball Hall of Fame confirmed today the schedule for the 2020 Spalding Hoophall Classic presented by Eastbay. The event is an annual basketball showcase now in its nineteenth year at Springfield College, the birthplace of basketball. Games will be played Jan. 16-20, 2020 at Blake Arena on the campus of Springfield College. Yesterday, it was announced via @hoophall social media, the Saturday session has officially sold out. A limited number of tickets remain available for all other sessions at this time.

The event will feature 30 games in five days, showcasing local boys and girls on Thursday and Friday respectively. MLK Weekend will be headlined by 15 nationally

ranked programs in the FAB 50 National Team Rankings Powered by Ballislife.com, including five of the top 10: #1 Montverde Academy (Fla.), #3 Oak Hill Academy (Va.), #6 Sunrise Christian Academy (Kan.), #8 IMG Academy (Fla.), and #9 DeMatha Catholic High School (Md.). Additional high-profile teams featuring ESPN Top 10 ranked players include Rancho Christian (Calif.), Prolific Prep (Calif.), Sierra Canyon (Calif.), and Brewster Academy (N.H.).

ESPN will carry 13 premier match-ups across ESPN, ESPNU and ESPN3. No. 1 Montverde Academy (Fla.) vs. No. 8 IMG Academy (Fla.) will be televised on ESPN on Sunday, Jan. 19 at 7:30 p.m. A complete schedule, including games accessible via FloSports, is available below.

WARE GIRLS from page 9

Orszulak (5 points), junior center Audrey LaValley (2 points), and seventh grade guard Tory Finocchio (1 point)

The Lady Indians held Putnam’s leading scorer Julia Andreas, who’s a senior guard, to eight points.

The victory improved the Lady Indians overall season record to 5-1 and they also took over sole possession of first place in the league standings with a perfect 3-0 mark.

“It was a big road league win,” coach Orszulak said. “Both teams came into the game with undefeated league records.”

Ware concluded last week’s action by squeaking out a 37-33 non-league home win versus Smith Academy three days later.

“We got off to a quick 10-4 lead against Smith Academy, but then we played poorly for the rest of the first half,” coach Orszulak said. “We switched to a man to man defense in the second half and held Smith to nine points in the second

half.

Lexie Orszulak, who scored 11 points in the game, made a free throw with 17 seconds left in regulation sealing the Lady Indians victory.

The Ware head coach praised the defensive performance of Chelsea Orszulak and LaValley. They held junior forward Emma Kelly, whose Smith’s leading scorer to zero points in the second half. Kelly scored all 13 of her points before halftime.

“I was pleased that we were able to make a run in the second half after a poorly played first half,” coach Orszulak said. “We were able to make the important plays on both offense and defense down the stretch.”

The duo of Vadnais and Welsh each finished with eight points against Smith Academy (4-4). Chelsea Orszulak added six points.

The Lady Indians will be looking for a little bit of revenge when they host the Palmer Lady Panthers on Saturday night.



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Quabbin junior Julia Hamel goes under and up for a pair of points.



Quabbin senior Laney Shampine goes up to shoot, regardless of the Clinton defensive attack.



Panther Jordyn Gillon leaps high for a ball against Clinton's Alyssa Leblanc.

QUABBIN from page 9

Fay and Katie Jablonski all netting points stretched the lead even further until Gael Alyssa Leblanc finally scored two of her team's six points for the quarter, three minutes in.

Quabbin did a great job holding Clinton star senior Regan Gannon to only one point.

"Regan is a really good player and we knew that if we could shut her down and make someone else beat us, we would be in a good spot to win the game," Burnett said. "The girls really responded to our game plan the coaches put together and we executed all four quarters."

Things got really lopsided when Quabbin again turned up the heat with a dozen points in the final quarter, which Clinton could only respond with three – ending the game with the 57-23 win.

Panther senior Laney Shampine once again proved to be a consistently high scorer for her team, earning a dozen points with teammate and classmate Olivia Giorgi right behind with 11, followed by sophomores Jordyn Gillon and Ashley Leighton with nine and seven points respectively.

"It's been a great beginning to the season," said Shampine. "We've been working together as one unit, hyping each other up when we are doing both good and bad – and not giving up."

"It was exciting for me to have that good of a game, because I don't normally score that much," Giorgi said. "I've been working really hard at practice and feel like I've found my groove."

Aside from praising his entire team, Burnett mentioned a few shining stars that evening.

"Kacey (McCreadie) did a great



All eyes are on the net as Panther sophomore Ashely Leighton tries to set up a shot.

Photos by Karen A. Lewis

job rebounding (pulling down 14), Julia had one of her best defensive games I've seen her play in quite a while," added Burnett. "Olivia Giorgi was aggressive and taking the ball to the rim and scoring for us."

It's a much busier week for the Panthers, as they hit the road on Monday against Doherty, host a huge league rival game against Oakmont Tuesday and travel over an hour for another league game

against Tyngsborough on Friday.

"The girls are very excited for the opportunity to play Oakmont at home on Tuesday," concluded Burnett. "That will be a big league game for us, they have really been a tough opponent for us and have won the league the last four years. We haven't beat them in the five seasons I've been here at Quabbin. We are hoping to change that this week."

Veterinary assistant program begins



Turley Publications courtesy photo

Springfield Technical Community College will offer veterinary assistant training beginning Feb. 10. For more information about STCC, visit www.stcc.edu.

SPRINGFIELD – Interested in working with animals as a career? Springfield Technical Community College will offer veterinary assistant training beginning Feb. 10.

The course runs through August, with classes meeting Mondays and Thursdays, 9 a.m. to noon. The training marks the first step toward getting a start in a field where the jobs are in high demand. According to the U.S. Bureau of Labor Statistics, veterinary assistant jobs are expected to grow 19 percent between 2018 and 2028, which is much faster than the average for all occupations.

"This is a dream job for many animal lovers," said Elliot Levy, senior director of the Workforce Development Center at STCC. "Caring for animals provides both a meaningful and rewarding career as well as skilled work that leads to a stable income. We are excited

to offer this workforce development opportunity."

The training prepares students to keep animals healthy, care for them when they are ill and assist veterinarians in their offices.

The veterinary assistant works directly under the supervision of veterinarians and the veterinary technician as they perform procedures, examinations, and treatments. The veterinary assistant provides basic care for animals, such as feeding and exercising the animals, while learning how to recognize signs of illness and disease, performing laboratory procedures, interacting with clients and performing general office procedures. Veterinary assistants work in animal hospitals and clinics, animal shelters, laboratories, zoos and animal parks.

For more information and to enroll online, visit stcc.edu/wdc/descriptions/veterinary-assis-

tant. To contact the Workforce Development Center Office, call 413-755-4225.

Founded in 1967, and located on 35 acres of the Springfield Armory National Historic Site, STCC is a major resource for the economic vitality of Western Massachusetts. As the only technical community college in Massachusetts, STCC offers a variety of career programs unequalled in the state. STCC's highly regarded transfer programs in business, advanced manufacturing, healthcare, liberal arts, and STEM fields continue to provide the most affordable options for students pursuing a four-year degree. With an annual enrollment of about 7,000 day, evening, weekend, and online students, STCC is a vibrant campus rich in diversity.

For more information about STCC, visit www.stcc.edu.

State's Junior Duck Stamp contest now underway

Calling all youth artists: The annual Junior Duck Stamp contest is now underway, linking the study of wetlands and waterfowl conservation with the creation of original artwork.

Now through Saturday, Feb. 15, students from kindergarten through grade 12 are invited to submit original artwork for this fun and educational competition. The process of creating these works of art allows students to appreciate the importance of pre-

serving wetland habitats and the delights and diversity of wildlife.

"Even if students do not enter the competition, science and art teachers will value the JDS curriculum as a useful resource," said Pam Landry, wildlife education specialist for the Division of Fisheries and Wildlife.

The program links the study of wetlands and waterfowl conservation with the creation of original artwork, as K-12 students learn about the habitat requirements of

various kinds of ducks and geese.

Then the students express their knowledge of the beauty, diversity and interdependence of these species artistically by creating a drawing or painting. Artwork is judged in four age group categories in a statewide competition; the entry judged Best of Show moves on to represent Massachusetts in the national JDS competition.

For more information contact Landry at 508-389-6310 or email pam.landry@state.ma.us.



Photos by Karen A. Lewis

North Brookfield senior Max Valencourt faces opponents from Pathfinder head on as he battles for the ball.

PIONEERS from page 9

Although the game against Pathfinder only improved their record to 1-5, Leroux and his players have not hung their heads this season, understanding this is a building year – after going 10-11 last year and losing a big core of almost a half dozen seniors.

"The biggest challenge we have is our inexperience at the varsity level," stated Leroux. "We have two seniors, two juniors, one sophomore, seven freshmen and a couple of eighth graders playing here and there. It's a great thing for the future because these young guys are getting a lot of experience which will help with wins in years to come."

Senior Nicholas Lareau would have obviously liked to have more victories for his final year but has still given over a hundred percent and shared things about his team.

"As frustrating as it is, we have been able to take a very young squad and find ways to make strides toward our goals every day," said Lareau. "They bring incredible energy to every practice and game and that is what makes it more enjoyable."

With a new coach Lareau added there are new things to be learned.

"We lost the core of our program for the last few years last year," continued Lareau. "We still adjusting to a new system that we have to continue to trust."

For Pathfinder, it was too little too late,

as North Brookfield outscored them in every quarter until the fourth, when the visitors were able to nail 18 points to the hosts 14.

"It was a great relief to finally see all the hard work the guys have been putting into every game paying off and getting the result we wanted," said Lareau about the win.

Leroux complimented Lareau about his defensive talent, noting much of what this senior does, might not show up in the scorebook.

"I'm a very defensive player, and it shows in my game," replied Lareau. "I do whatever I can to help give my team the best chance to win. Whether that's boxing out stronger, getting rebounds or face-guarding the opposition's player, I just do what I'm asked to do to the best of my ability."

Leading the way for points that night for North Brookfield was senior Max Valencourt with 21 points, followed behind with Tyler Patchen who added 14, Connor Morse with seven and Joe Duszak with six.

High scorer for Pathfinder was Nicholas Beaulieu with 14 and Sam St. Laurent with eight.

"We are not concerned with wins and losses," concluded Leroux. "We are concerned with doing the right things and trying to get better every day. Our guys are learning a lot of valuable life lessons this year. Hopefully it's something they will look back upon and be proud of this year and the effort they have given."



North Brookfield junior David Shea squeezes through a pair of Pathfinder defenders to get off a shot.



North Brookfield Tyler Patchen gets some lift when he goes for a shot while Pathfinder Sam St. Laurent can only watch.

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public safety

Behind the Lines in Ware

By Melina Bourdeau
Staff writer

Car and foot chase

On Friday, Jan. 3, a Ware Police officer was monitoring traffic by Ware High School when a vehicle with a headlight out drove by. The officer followed the vehicle and attempted to pull the driver over. The driver continued traveling at a slow speed and didn't pull over, had a turn signal on and then sped up to 50 miles per hour, heading into Palmer. Passing cars along the way, the driver rounded a corner and collided into a vehicle. The driver then got out the car and ran into the woods. The officer pursued the driver on foot, had a tussle with the driver and used his Taser on the driver. The officer reported the man was reaching for waistband and he wasn't sure if he had a weapon. The man escaped the officer and ran into the woods, diving over an embankment. The officer returned to help the driver and passenger in the other vehicle involved in the

accident as the airbags deployed and the passenger door could not be opened. A woman involved in the accident had glass in her face and a male party had a concussion. Ware Police K-9 Sampson was called on scene to locate the male party. Officers searched the man's vehicle and found an open container of alcohol in the vehicle. In addition, 17 packets of a white powdery substance that later tested positive for fentanyl, a scale and other items affiliated with dealing drugs were located in the car. Ware Police Chief Shawn Crevier and Palmer Police Lt. Chris Burns caught the suspect who was found emerging from the woods on another road. When questioned, the suspect said he used five bags of heroin when he left Hartford earlier in the day. While he had no alcohol in his system, impairment was indicated. He was arrested and charged accordingly and bail was set at \$25,000.

Ware Police Log

Thursday, Jan. 2
3:26 a.m. Silent, 911 Call Otis Avenue – Services Rendered
8:13 a.m. Ambulance Request East Street – Services Rendered
8:14 a.m. Accident, Vehicle West Street – Motor Vehicle Accident Under \$1,000
9:43 a.m. Burglary/Breaking and Entering Aspen Street – Services Rendered
12:19 p.m. Officer Wanted Dale Street – Arrest, Misdemeanor Charge
12:59 p.m. Abandoned, 911 Call West Street – Services Rendered
2:32 p.m. Vandalism Glendale Circle – Motor Vehicle Accident Over \$1,000
3:55 p.m. Shoplifting West Street – Investigation Pending
4:15 p.m. Accident, Vehicle West Street – Motor Vehicle Accident Over \$1,000
5:37 p.m. Fire, Report Campbell Road – Services Rendered
6:24 p.m. Ambulance Request North Street – Services Rendered
7:30 p.m. Ambulance Request Maple Avenue – Services Rendered
7:33 p.m. Abandoned, 911 Call Maple Avenue – Services Rendered

Friday, Jan. 3
10:08 a.m. Assault Cummings Street – Services Rendered
11:39 a.m. Motor Vehicle Violation Church Street – Citation Issued
11:51 a.m. Ambulance Request Palmer Road – Services Rendered
9:03 p.m. Motor Vehicle Violation Palmer Road – Arrest, Misdemeanor Charge
10:38 p.m. Accident, Vehicle Old Gilbertville Road – Services Rendered

Saturday, Jan. 4
12:26 a.m. Ambulance Request North Street – Services Rendered
2:25 a.m. Town By-Law Violation Vigeant Street – Citation Issued
6:08 a.m. Ambulance Request Oak Ridge Circle – Referred to Other Agency
9:18 a.m. Vandalism Pulaski Street – Services Rendered
3:25 p.m. Ambulance Request Valley View – Referred to Other Agency

Sunday, Jan. 5
2 a.m. Town By-Law Violation West Main Street – Citation Issued
2:06 a.m. Town By-Law Violation North Street – Citation Issued
2:09 a.m. Town By-Law

Violation Church Street – Citation Issued
2:14 a.m. Town By-Law Violation Aspen Street – Citation Issued
2:19 a.m. Town By-Law Violation Sherwin Street – Citation Issued
2:26 a.m. Town By-Law Violation Smith Avenue – Citation Issued
10:31 a.m. Ambulance Request Shoreline Drive – Services Rendered
11:30 a.m. Ambulance Request Pulaski Street – Referred to Other Agency
2:32 p.m. Missing Person West Street – Services Rendered
3:36 p.m. Burglary/Breaking and Entering Pulaski Street – Investigation Pending
4:38 p.m. Burglary/Breaking and Entering Pulaski Street – Investigation Pending
6:46 p.m. Ambulance Request Maple Street – Referred to Other Agency
6:47 p.m. Motor Vehicle Violation Pulaski Street – Arrest, Felony Charge
8:30 p.m. Disturbance Palmer Road – Investigated, Report Filed
11:32 p.m. Abandoned, 911 Call Fisherdict Road – Services Rendered

Monday, Jan. 6
6:54 a.m. Ambulance Request Anderson Road – Referred to Other Agency
8:18 a.m. Ambulance Request Gould Road – Services Rendered
8:47 a.m. Accident, Vehicle East Street – Services Rendered
11:35 a.m. Accident, Vehicle Main Street – Motor Vehicle Accident Over \$1,000
1:13 p.m. Ambulance Request North Street – Services Rendered
2:32 p.m. Accident, Vehicle North Street – Motor Vehicle Accident Over \$1,000
3:11 p.m. Ambulance Request Parker Street – Services Rendered
7:25 p.m. Motor Vehicle Violation West Main Street – Citation Issued

Tuesday, Jan. 7
12:03 p.m. Motor Vehicle Violation East Street – Citation Issued
12:57 p.m. Ambulance Request West Street – Services Rendered
9:16 p.m. Motor Vehicle Violation East Main Street – Written Warning

Wednesday, Jan. 8
12:53 p.m. Larceny, Theft Report Maple Street – Services Rendered
3:30 p.m. Fraud Highland

Wal-Mart trespasser

On Sunday, Jan. 5, around 8:30 p.m. a caller at Wal-Mart said a woman had been in the store a short time ago and was creating a disturbance and heard threatening to, "shoot the place up." The caller believed the party left the property at the time of the call, but wanted an officer to respond on the scene. When officers responded arrived, the woman was still in the store grocery side of the store with her kids. The reporting party said the woman went to the self check-out area and was involved in verbal argument with another patron of the store. When officers spoke with the woman, she denied all allegations. Officers spoke with other cashiers and employees in the store, who reported the suspect was held back by her boyfriend during altercations, which almost became physical. According to employees, the suspect said "If I wasn't with kids, I would have grabbed my piece." The suspect was given an order not to trespass in store going forward.

Village – Investigation Pending
3:34 p.m. Ambulance Request Maple Street – Services Rendered
3:41 p.m. Ambulance Request Gilbertville Road – Services Rendered
4:47 p.m. Ambulance Request West Street – Services Rendered
7:07 p.m. Alarm Burglar Beach Road – Services Rendered

Ware Arrests

By Melina Bourdeau
Staff writer

WARE – From Thursday, Jan. 2 through Thursday, Jan. 9, Ware police arrested six people.

A 27-year-old Ware man was arrested on Thursday, Jan. 2 on charges of assault and battery on a family/household member.

Mark Greenwood, 39, of 22 Otis Ave, Ware, was arrested on Friday, Jan. 3, on a warrant. Elias Herrera, 48, of 217 Wethersfield Ave, Hartford, Conn. was arrested on Friday, Jan. 3, on charges of operating under the influence causing serious injury and negligence, failure to stop for the police, unlicensed operation of a motor vehicle, negligent operation of a motor vehicle, speeding, marked lanes violation, motor vehicle lights violation, number plate violation, resisting arrest, assault and battery on a police officer, possession of class A drugs and possession of an open container of alcohol in a motor vehicle.

Tonya Canuel, 32, 3 Buckley Court, Ware, was arrested on Sunday, Jan. 5, on a warrant.

Barry Bennett, 31, of 19 Sherwin St., Ware, was arrested on Sunday, Jan. 5, on charges of subsequence offense of driving a motor vehicle with a suspended license, subsequence offense of possession to distribute class A drugs, subsequent offense of possession of class B drugs and failure to drive in the right lane.

Meghan Romani, 38, of 4 Coldbrook Drive, Ware, was arrested on Monday, Jan. 6, on a warrant.

Warren Police Log

Sunday, Jan. 5
12:52 a.m. Parking Violation North Street – Citation Issued
4:19 p.m. Motor Vehicle Stop Main Street – Citation Issued
7:39 p.m. Motor Vehicle Stop Main Street – Written Warning
Monday, Jan. 6
12:25 a.m. Motor Vehicle Stop Main Street – Citation Issued
12:51 a.m. Parking Violation High Street – Citation Issued
9:57 a.m. Fire, Medical Emergency Walkeen Koziol Road – Transported to Hospital
10:49 a.m. Officer Initiated – Ware Police Department – Investigation (On-going)
Arrest: Ann T. Cutler, 39, Warren

Drug, Possess to Distribute Class A, Subsequent (Heroin); Drug, Possess to Distribute Class B, Subsequent c94C §32A(b) (Crack Cocaine); Drug, Possess Class E (Xanax); Drug, Possess Class B, Subsequent Offense (Crack Pipe With Residue); Right Lane, Fail Drive In; Signal, Fail To
1:37 p.m. Motor Vehicle Stop Main Street – Written Warning
1:48 p.m. Motor Vehicle Stop Main Street – Citation Issued
6:42 p.m. Motor Vehicle Stop Main Street – Citation Issued
Tuesday, Jan. 7
12 p.m. Motor Vehicle Stop Coy Hill Road – Written Warning
12:09 p.m. Property Damage Main Street – Officer Spoke to Party
12:56 p.m. Motor Vehicle Stop Brimfield Road – Criminal Complaint
Summons: Pamela A. Jordan, 60, Warren
License Suspended for OUI, Operate Motor Vehicle With
7:21 p.m. Disturbance, Person(s) Winthrop Terrace –

Report Filed
11:50 p.m. Motor Vehicle Stop Main Street – Citation Issued
Wednesday, Jan. 8
1:36 p.m. Fire, Appliance Main Street – Investigated
3:20 p.m. Motor Vehicle Stop Quaboag Street – Arrest(s) Made
Arrest: Marc A. Nieves, 29, Chicopee

Warrant
7:09 p.m. Motor Vehicle Stop Main Street – Citation Issued
7:17 p.m. Motor Vehicle Stop Mechanic Street – Citation Issued
7:47 p.m. Motor Vehicle Stop Main Street – Citation Issued

Thursday, Jan. 9
8:28 a.m. Motor Vehicle Stop Old West Warren Road – Criminal Complaint

Summons: Abel M. Fernandes, 71, Chicopee
Uninsured Motor Vehicle; Number Plate Violation to Conceal ID; Unregistered Motor Vehicle
3:12 p.m. Motor Vehicle Accident Old West Brookfield Road – Report Filed
4:08 p.m. Motor Vehicle Stop Main Street – Citation Issued
11:26 p.m. Fire, Medical Emergency Heritage Drive – Transported to Hospital

Friday, Jan. 10
12:26 a.m. Motor Vehicle Stop Main Street – Citation Issued
8:46 a.m. Motor Vehicle Stop Reed Street – Citation Issued
9:04 a.m. Illegal Dumping Town Farm Road – Investigated
2:02 p.m. Motor Vehicle Stop Washington Street – Vehicle Towed
Summons: Jorge L. Villanueva Torres, 56, Warren
Stop/Yield, Fail To; License Suspended for OUI, Operate Motor Vehicle With
9:36 p.m. Motor Vehicle Stop

Editor's Note: People in this country are presumed to be innocent until found guilty in a court of law. Police provide us with the information you read on this page as public record information. If you or any suspect listed here is found not guilty or has charges dropped or reduced, we will gladly print that information as a follow-up upon being presented with documented proof of the court's final disposition.

West Brookfield – Citation Issued
11:36 p.m. Motor Vehicle Stop Main Street – Citation Issued

Saturday, Jan. 11
9:38 a.m. Officer Wanted Milton O. Fountain Way – Transported to Hospital

11:14 a.m. Motor Vehicle Stop Main Street – Written Warning
1:14 p.m. Motor Vehicle Stop Southbridge Road – Citation Issued

1:35 p.m. Fire, Medical Emergency Old West Brookfield Road – Transported to Hospital
5:58 p.m. Motor Vehicle Stop Main Street – Written Warning
6:10 p.m. Motor Vehicle Stop Main Street – Written Warning
6:23 p.m. Motor Vehicle Stop Moore Avenue – Written Warning
7:49 p.m. Motor Vehicle Stop Main Street – Written Warning
10:03 p.m. Motor Vehicle Stop Southbridge Road – Written Warning
10:15 a.m. Motor Vehicle Stop Southbridge Road – Citation Issued

Prevent carbon-monoxide poisoning

WESTBOROUGH – With colder temperatures settled into the region and heating systems running more frequently, residents are advised to be alert for carbon monoxide.

Carbon monoxide is an odorless, colorless gas which can cause sudden illness and death.

Heating systems that run on natural gas, oil, propane, coal or wood can produce carbon monoxide if they are not working properly or are not adequately vented.

Columbia Gas reminds customers to stay safe by learning the symptoms of carbon monoxide poisoning and taking actions to prevent CO hazards, such as ensuring heating equipment is working properly and installing carbon monoxide detectors indoors.

Symptoms

Symptoms of carbon monoxide poisoning are often confused with the flu. They include fatigue, headaches, dizziness, confusion, nausea, vomiting, shortness of breath, weakness, vision problems, loss of coordination and unconsciousness. A victim of carbon-monoxide poisoning may not experience all of these symptoms,

only one or a few. If carbon monoxide is present in your home, you may feel tired at home, but fine when away from home.

Other household symptoms include foul-smelling or stale air, the smell of exhaust fumes, a yellow/orange flame on gas ranges, furnace or water heater burners, soot around the outside of the chimney, furnace or water heater flue vent or fireplace, and large areas of condensation of water vapor on walls or windows.

What to do

If carbon monoxide or a natural gas leak is suspected, leave the home immediately and from a safe location call 911 and Columbia Gas at 800-525-8222.

Preventative measures and safety tips

Do:

Install carbon monoxide detectors and replace the batteries regularly.

Be sure all fuel-burning equipment (coal, wood, charcoal, natural gas, kerosene and fuel oil) is installed and vented properly.

Have heating systems checked by a fuel supplier or licensed heating contractor, and also have the chimney and vent pipes checked

for blockages.

Have appliances installed by a professional.

Maintain all equipment per manufacturer's recommendation.

Provide adequate ventilation in the house when using stoves, fireplaces.

Open the garage doors before starting a vehicle.

Don't:

Never burn charcoal or use a gas grill indoors or in an enclosed space.

Never use a stove or oven to heat your home.

Never install a furnace where someone sleeps

Don't repair a snow blower or vehicle indoors without proper ventilation.

Don't warm up the car inside the garage.

Never run gas equipment -- such as a generator -- indoors.

Learn more about natural gas safety at www.columbiagasma.com. Columbia Gas of Massachusetts delivers natural gas to more than 300,000 customers in southeastern Massachusetts, the greater Springfield area and the Merrimack Valley.

Fire Marshal: promptly dispose of Christmas trees

With the Christmas holiday now in the past, State Fire Marshal Peter Ostroskey and the Department of Fire Services encourage families to start the New Year safely by promptly and properly disposing of natural Christmas trees.

"Whether your tradition is to put up your Christmas tree right after Thanksgiving or just before Christmas, trees should be taken down promptly and disposed of properly," Ostroskey said. "Even a well-watered tree quickly dries out and becomes a danger."

Ostroskey and DFS encourage residents to take advantage of com-

munity pick-up days or recycling programs available in many municipalities. Some local goat farms accept bare tree and wreath donations.

The state notes that in the past few years, several fires involving Christmas trees have been reported. On Dec. 18, 2018 at 2 a.m., the Revere Fire Department responded to one such fire in a two-family home that started in a first floor living room. No injuries were reported but damage was estimated at \$155,000.

Days later, on Dec. 27, 2018 at 5:43 p.m., the Blandford Fire

Department responded to an outside Christmas tree fire. The homeowner was trying to dispose of a tree by burning it with gasoline, which resulted in gasoline fumes blowing back at the man, causing first and second-degree burns to his face.

Ostroskey reminds residents that Open Burning Season does not start until Jan. 15, and the use of gasoline to ignite a fire is prohibited.

For more information about fire safety, contact the local fire department or the office of the state fire marshal at 877-9 NO FIRE, or visit www.mass.gov/dfs.

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Ware River News

Springfield Regional Chamber to present ‘The Buzz About Cannabis’

SPRINGFIELD – The Springfield Regional Chamber will host “The Buzz About Cannabis, Marijuana in the Marketplace and the Workplace,” a half-day seminar featuring leading business, legal and medical marijuana professionals, distributors, and entrepreneurs on Jan. 28, 2020. The event, which will be held at the Sheraton Springfield Monarch Place beginning at 12:30 p.m. and will conclude with a networking reception at 4:30 p.m.

Opening keynote speaker Massachusetts Cannabis Control Commissioner Kay Doyle, will speak on The Landscape of Cannabis in Massachusetts. Doyle is one of the five Commissioners on the Cannabis Control Commission, which oversees both the adult and medical use of marijuana in the Commonwealth.

Following the opening keynote there will be two concurrent break-out sessions – Building a Cannabis Business and Cannabis in the Workplace.

Building a Cannabis Business will be presented by Attorney Scott Foster, partner at Bulkley Richardson, and Tina Sbrega, president and CEO of GFA Federal Credit Union.

Foster is Chair of the Business and Finance practice at Bulkley Richards and is responsible for the recent launch of practice areas including cannabis, cybersecurity and craft breweries.

As president and CEO of GFA Federal Credit Union, Sbrega leads the first financial institution in Massachusetts to provide banking services to the cannabis industry. Legal cannabis businesses are restricted by federal laws to open banking accounts in federally insured financial institutions, thereby forcing them to conduct all transactions in cash. Recognizing the risk a cash-in-

tensive business poses for public safety, the GFA Federal Credit Union Board created a subsidiary in 2018 to bring compliant banking services to Massachusetts and New Hampshire cannabis operators.

The second breakout session, Cannabis in the Workplace, will focus on recruitment, retention and employment in the new landscape of legalized marijuana in Massachusetts. Joanne Berwald, vice president of Human Resources at Mestek; Attorney Eric Flores from Skoler Abbott; and Pam Thornton, director of Strategic HR Services for the Employers Association of the NorthEast will present the session.

As vice president of Human Resources at Mestek, Berwald is responsible for leading all aspects of human resources, labor relations, collective bargaining, benefits, wellness and strategic planning for Mestek’s 15 locations.

Flores has successfully defended employers in single-plaintiff and class action litigation involving claims of discrimination, harassment and retaliation, wage and hour violations, contract dispute, and other employment issues.

Thornton has 16 years of experience in the staffing and recruitment industry working with companies in executive-level placement and a wide variety of HR functions including performance, discipline, and engagement.

Cannabis journalist Michael Kusek, publisher of the cannabis magazine Different Leaf will moderate Cannabis Conversations, an afternoon panel discussion with five Massachusetts cannabis entrepreneurs.

Kusek, a former marketing and public relations professional and former publisher of the award-winning arts magazine Take, conceived

of Different Leaf following a chance conversation with a friend who has a passion for cannabis cultivation. Different Leaf presents content covering the people, products, businesses and issues of the burgeoning cannabis industry across Massachusetts.

Joining Kusek in conversation will be Noni Goldman, cultivator and CEO of Four Trees management Co., Leslie Laurie, regional director for Western Massachusetts and director of patient services for NETA; Ezra Parzybok, medical cannabis educator and owner of Greenglove Consulting, LLC; Karima Rizk, general manager of Holyoke Cannabis; and Payton Shubrick, founder of 6 Brick’s LLC, a recreational marijuana shop in Springfield.

Beth Waterfall, founder and executive director of ELEVATE Northeast, and founder and president of cannabis marketing and events consultancy Beth Waterfall Creative, will be the closing keynote speaker. She will talk about what is next for the cannabis industry in Massachusetts.

Waterfall is credited with brokering some of the most impactful industry relationships in Massachusetts and for fostering informed dialogue that has resulted in increased public acceptance and a pathway for many entrepreneurs and small businesses to open their doors.

One of the features of the Jan. 28 event will be an Exhibitor Marketplace. Networking during breaks and a closing reception will take place at the Exhibitor Marketplace.

Early bird registration is \$60 until Jan. 14, 2020. Registration is \$75 after Jan. 14. Register at springfieldregionalchamber.com. For sponsorship and exhibitor information, contact Grace Szydziak, szydziak@springfieldregionalchamber.com

obituary

Ronald J. Burke

WARE – Ronald J. Burke, 74, of Ware, died on Monday, Jan. 6, 2020, at Baystate Medical Center after a brief illness.

He leaves his wife, Alberta L. (Fairbrother) Burke, of Ware; his three children, Patrick Burke, and his fiancé, Haley, of Ware, David Burke and Michelle Burke, both of Three Rivers; two beloved grandchildren, Kylie and Anthony; a sister, Donna Scott, of Arkansas, and many nieces and nephews.

He was born in Westfield, son of the late Francis R. and Marguerite B. (Lavigne) Burke.

Ronald worked for the Massachusetts Department of Transportation as a truck driver for many years. He was also a former member of the Knights of Columbus in Palmer.

A graveside service at St. Anne’s Cemetery in Three Rivers will be held in the spring.

Charbonneau Funeral Home, 30 Pleasant St., in Ware, is assisting his family with arrangements.

An online guest book is available at charbonneaufh.com.

UMass Music & Dance to host inaugural Clarinet Day

AMHERST – The UMass Amherst Department of Music and Dance will host CLARIconNECT!: An Immersive Clarinet Day on Sunday, Feb. 2, from 8:30 a.m. to 4:30 p.m. in the Music Wing of the Fine Arts Center. Coordinated by faculty member Romie de Guise-Langlois, the full day event is open to clarinetists of all ages and skill levels. Sponsors of this first-ever event include Backun Musical Services, Gerry’s Music Shop, Buffet Crampon and Yamaha.

The day’s schedule will feature a wide range of events and activi-

ties, including masterclasses with Ms. de Guise-Langlois, professor emeritus Michael Sussman, and guest artist Jose Franch-Ballester, winner of the prestigious Avery Fisher Career Grant. Participants can also rehearse and perform chamber music, participate in a clarinet choir featuring UMass faculty and students along with local teachers and amateurs, and sample equipment from various vendors. The day’s events will culminate with a guest artist concert by Mr. Franch-Ballester and pianist Jeewon Park at 3:30 p.m. in

Bezanson Recital Hall. The performance is free and open to the public.

Advance registration is \$10 by visiting <https://www.umass.edu/music/event/clarinet-day-2020>. Those interested in rehearsing and performing chamber music should register by Jan. 18. Registration at the door will be \$15 (cash or check only). Free and secure parking is available in nearby University lot 71 off Massachusetts Avenue and lot 62 via Thatcher Way or Stockbridge Road.

COOKIES from page 9

“Everything stays local,” Barcomb said, noting each troop decides how to spend the money it earns during the sale season, ranging from camp experiences to science projects. “The sky’s not the limit,” she added, noting cookies have even made their way into space with astronauts.

The morning ran like clockwork, as troop leaders from specific communities gathered at pre-arranged time slots to pick-up their haul. Upon check-in, Barcomb and her team of volunteers, including her daughter, Sam Budynkiewicz, from the Holyoke office of the GSCWM placed a color-coded sheet on the passenger side window of the vehicle identifying the specific number of cases required for the troop.

“This works like a well-oiled machine,” said Dana Carnegie, communications manager for the GSCWM. She said the colored sheet enables the volunteers to make the delivery while troop leaders wait in their car for a drive and go experience.

One of the first leaders to arrive early on an unseasonably warm Saturday in January was Sue Ann Mascaro, of Hampden Troop 40160. She said her troop would be taking 187 cases, or roughly 2,200 boxes to sell in town.

“We’ll have booths starting next weekend,” Mascaro said, enticing residents to keep a watchful eye for her girls at various locations.

Kristin Esposito, of new



STAFF PHOTOS BY TYLER S. WITKOP

Volunteer Jamie Mahon, of the Holyoke office of the Girl Scouts of Central and Western Mass., takes a case of Lemon-Ups to a waiting car.

Monson Troop 65060, said her troop signed up for about 820 boxes of cookies for their first season. She said they have already secured selling locations at Wal-Mart, the Holyoke Mall, Monson High School and Adams Market.

Tracie MacKenzie, of Chicopee Troop 65026, said her girls hope to sell 1,500 boxes of the sweet treats this year.

“Hopefully more,” she quipped, noting they’ll be selling to attendees of the local Camping Show, as well as a Chicopee bowling alley and other places around the city.

Two of the hardest working vol-

unteers were the mother-daughter team of Naisha Hernandez, who works out of the Holyoke office, and Natalia Arango, 10. The two raced back and forth between trailers and cars, quickly filling the vehicle to allow for a smooth experience for the leaders.

Natalia said she loves being a Girl Scout and offered some advice for those looking to join or stay with the program.

“Because girls need to be more louder and have a powerful voice,” she said, noting that the experience, including cookie selling, helps girls “go farther” as they grow.



Volunteers from the Girl Scouts of Central and Western Massachusetts unload a series of trailers Saturday morning, Jan. 11 at the Eastfield Mall. A total of 6,840 cases for troops from Chicopee to Monson await folks in the Pioneer Valley.

CHURCH DIRECTORY

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SUNDAY SCHEDULE
Holy Eucharist at 10 a.m., Children’s Chapel 9:30 a.m.
“You don’t have to be Episcopal to share the Word and Fellowship of the Spirit” No matter who you are or where you have been, You are welcome.

THE JUBILEE CUPBOARD provides emergency food assistance and is open Thursday from 9 AM until noon. The location is next door to Trinity Church directly behind the Old Ware Fire Station. Please phone 413-967-3274. Donations of non-perishable food are welcomed by The Jubilee Cupboard during open hours only or make arrangements for pickup. Food may also be donated to The Jubilee Cupboard at a drop off box at the Big Y Supermarket in Ware.
AA Thursdays, 7:30pm

UNITED CHURCH OF WARE
49 Church Street, Ware, MA 01082
413-967-9981

Office Hours: Monday 9-12/Tuesday 8:30-12:30/
Wed 9-2/Thurs 9-12/Friday closed

Saturday: Worship service 5:00 p.m. (Communion offered each week, Healing Worship on second Saturday of each month)
Narcotics Anonymous 7:00 p.m.
Sunday: Worship service 10:30 a.m. (Communion offered first Sunday of each month)
Adult Bible Study 9:30 a.m., Sunday School - 10:45 a.m., Children’s Church after Children’s Sermon each Sunday, Coffee hour after service
Tuesday: T.O.P.S. 5:00 p.m.
Wednesday: Weight Watchers 5:00-7:30 p.m.

ALL SAINTS CHURCH
17 North Street, Ware
ST. MARY’S CHURCH
60 South Street, Ware
Pastor: Rev. Fr. Piotr Calik
Parochial Vicar: Rev. Fr. Michael Kokoszka

General Office Hours:
Monday - Thursday: 9am - 12pm; Friday: Closed
Cemetery Office Hours:
Monday - Thursday: 10am - 2pm; Friday: Closed
Phone numbers: 413-967-5913; 413-967-4963
Fax Number: 413-967-4679
Emails: allsaintschurch17@gmail.com
stmaryschurch60@gmail.com
www.allsaintsware.org • www.stmarysware.org

Mass Schedule:
4:00 PM Saturday - All Saints
5:30 PM Saturday - St. Mary’s
8:00 AM Sunday - All Saints
9:30 AM Sunday - St. Mary’s
5:30 PM Sunday - All Saints (till future change)

WEEKDAY MASSES
Monday and Tuesday 7:30 AM at All Saints
Wednesday and Thursday 7:30 AM at St. Mary’s
Friday 6:00 PM at All Saints - St. Jude Novena
Saturday 8:00 AM at St. Mary’s - Miraculous Medal Novena

SACRAMENT OF CONFESSION
All Saints - Saturday 3:00 - 3:45 PM
or by appointment
St. Mary’s - Saturday following the 5:30 PM Mass
or by appointment

HOLY DAYS OF OBLIGATION
Vigil: 5:30 pm at All Saints
Day: 7:30 am - All Saints
12:10 pm - St. Mary’s
6:30 pm - St. Mary’s

Office for both All Saints Church and St. Mary’s Church is located at: 60 South Street, Ware, MA 01082.

THE CHURCH OF ST. ALOYSIUS
58 Church St., Gilbertville, Tel. 477-6493
The Rev. Richard Lembo, Pastor
Saturday Confession: 3 p.m.; Vigil Mass: 4 p.m.
Sunday Mass: 7:30 a.m.

ST. AUGUSTINE MISSION
98 Church Lane, Wheelwright, MA
413-477-6493
The Rev. Richard Lembo, Pastor
Sunday 9 a.m.

HOLY CROSS POLISH NATIONAL CATHOLIC CHURCH
61 Maple St., Ware, Tel. 967-3782
Fr. Senior Fryderyk Banas, Pastor
Sunday: 9 a.m. Mass

LIBERTY BAPTIST CHURCH
(formerly QVBC)
258A Malbouef Road, Ware
Phone: 413-668-7041 Email: LBC7@gmail.com
Web: www.lbc7.com
Sunday Service times:
9:30am Prayer and Fellowship
10:00am Bible School
11:00am Worship Service

The LBC family of believers invite you to join us as we work together to serve God in our community.

We are dedicated to spiritual growth through purposeful prayer, truthful teaching, and practical preaching.

We rely on the Bible as our source of all Godly wisdom and truth.

We proclaim Jesus Christ as Lord and Savior given freely by God and offered to all who choose to believe in Him.

GEORGE WHITEFIELD UNITED METHODIST CHURCH
33 West Main St, West Brookfield
Tel. 508-867-3667
Pastor Christy Wright

Worship and Sunday School, Sundays 9:30 am followed by coffee hour.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
108 New Braintree Rd., North Brookfield
774-286-1322
SUNDAY SCHEDULE Services start at 10 a.m.

TRI-PARISH COMMUNITY CHURCH
3 Oakham Rd., P.O. Box 202
New Braintree 508-867-3306

The Tri-Parish Community Church represents the communities of Gilbertville, Hardwick, and New Braintree. Our service will begin at 10:00. Bible Study begins on 9/13 at 8:15 am - 9:30am. Choir Rehearsals are at 9am and Sunday School returns on 9/13 at 10:00 am. We are worshipping at The First Universalist Church of Hardwick, 9 Ruggles Hill Rd. Hardwick through December.

All are welcome to worship and join in fellowship and light refreshment following the service.

Change of Office Hours: Tuesdays & Thursdays 10am - noon. Heidi Jeldres, Administrative Assistant. (508)867-3306 tri-parish@verizon.net.

Appointments can be scheduled at either the Pastor’s office or at your home when needed. Please contact Pastor Deb to make arrangements. debasheps@aol.com or (413)478-0731. Beginning 7/6 our Worship Service move to The First Universalist Church of Hardwick through the end of the year. From 7/6 - 8/31 Worship will begin at 9:30 am. All are welcome.

The mission of the Tri-Parish Community Church is service to God by working together as a church to alleviate suffering and to foster hope, love and the word of Jesus Christ among our family and neighbors here and throughout the world.

It’s always good to have a variety of voices in the pulpit. Come, support our worship leaders and enjoy the earlier service.

ST. PAUL CATHOLIC CHURCH
1060 Main Street, Warren, Tel. 436-7327
Fr. Dan Becker
MASS SCHEDULE: Sundays 8:30 a.m., 10:30 a.m.

ST. STANISLAUS CHURCH
Main Street, West Warren, Tel. 436-5110
Fr. Dan Becker
MASS SCHEDULE Saturdays 4 p.m.

Ware River News

OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

Death notice

Burke, Ronald J.

Died Jan. 6, 2020

Graveside service in the spring
Charbonneau Funeral Home, Ware

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

TOWN OF WARREN WASTEWATER TREATMENT PLANT ASSISTANT CHIEF OPERATOR

The Town of Warren Board of Sewer Commissioners is accepting Applications for a Wastewater Treatment Plant Assistant Chief Operator. Salary is in accordance with the Town's current wage classification plan.

Applicants must possess a Massachusetts Grade 5 Operators License and valid MA Driver's license.

Job descriptions and applications are available at the Warren Wastewater Treatment Plant, 2527 Main Street, West Warren, MA 01092 The position will remain open until filled.

Warren is an EOE.

HILLTOWNS
MONDAY
AT NOON

Museums work together to present Paul Revere exhibits

WORCESTER/CONCORD – In February, the Concord Museum and the Worcester Art Museum will jointly present *Beyond Midnight*: Paul Revere, an exhibition that provides a revolutionary perspective on the artistic production of this important American patriot.

Organized by the American Antiquarian Society and drawing on its unparalleled collection of Paul Revere materials, as well as major artworks and objects from other collections, the exhibition will show the entrepreneurial and creative spirit of this early American artisan and his impact on the social, economic and political life of the United States.

The exhibition will be on view concurrently in Worcester and Concord from Feb. 15 through June 7. To see the full exhibition, visitors are encouraged to visit both museums. When paying admission at one museum, visitors will receive a “two for one” voucher to use at the other location.

Beyond Midnight is structured around four themes, embracing both the figure of Revere (1735-1818) that is well known, that of the Revolutionary War hero, and the wider range of his artistic and commercial experiences that have often received less attention. In doing so, it charts the development of the mythology around Revere, which ultimately diminished his recognition as an inventive artisan who was adept at “technology transfer,” applying the concepts and tools from one area of work to another.

The exhibition will also place Revere within the larger context of class, consumption, and production in the 18th-century American Colonies, and explore the incredible network of commercial relationships, on both sides of the Revolution, that helped foster his business. The exhibition includes more than 100 exceptional objects across the two venues. Two of the

four themes of the exhibition will be presented principally at the Concord Museum: *Revolutionary Revere* and *Revere the Legend*. The other two themes, *Revere the Maker* and *Revere’s Network*, will be explored primarily at the Worcester Art Museum.

“As is so often the case with figures from history, the reality of Paul Revere’s life is much more complicated, and much more interesting, than our sometimes one-dimensional view through the lens of his role as a war hero,” said Matthias Waschek, the C. Jean and Myles McDonough director of the Worcester Art Museum. “We are excited to present this exhibition to New England audiences in collaboration with the Concord Museum, and with organizational support from the Worcester-based American Antiquarian Society. The exhibition continues our work over the last few years to reveal the often-overlooked social and political elements that infuses art and artifacts, and to engage our audiences in thinking about how an object’s beauty and its history are intertwined.”

“When Longfellow first depicted Paul Revere racing through the countryside carrying his midnight alarm, he hoped to awaken his contemporaries’ conscience to the fact that as long as slavery existed, the American revolution was unfinished and that individual sacrifice and heroics were called for again to ensure our country lived up to its founding ideals,” said Tom Putnam, Edward W. Kane executive director Concord Museum. “Through this engaging new exhibit, we look forward to examining Revere’s life and revolutionary career and to consider how it informs our history and our times.”

Beyond Midnight: Paul Revere is curated by two scholars from the American Antiquarian Society: Nan Wolverton, Ph.D., director of fellowships and the Center for Historic American Visual Culture

and Lauren Hewes, Andrew W. Mellon curator of graphic arts.

The exhibition is accompanied by a catalogue of essays and images that also transforms readers’ understanding of the iconic colonial patriot. Essays examine Revere as a patriot, a manufacturer, a precious metalsmith, a printer and an engraver. His legacy as a polymath is documented in the book’s complete illustrated checklist of the exhibition’s artifacts.

Originally presented at the New-York Historical Society from Sept. 6, 2019 through Jan. 12, the exhibition will conclude its tour at the Crystal Bridges Museum of American Art from July 4 to Oct. 11.

Beyond Midnight: Paul Revere will be accompanied by lectures, workshops, and events at both the Concord Museum and the Worcester Art Museum. Information about these programs can be found at concordmuseum.org and worcesterart.org.

The Concord Museum, located at 53 Cambridge Turnpike, Concord, is open starting Feb. 14, 2020, seven days a week from 10 a.m. to 4 p.m. Admission is \$12 for adults, \$10 for seniors and students with ID., \$6 for children (5-17). children under 5, museum members, and active military are free. Parking is free. For more information, visit concordmuseum.org. The Worcester Art Museum, located at 55 Salisbury St. in Worcester, is open Wednesday through Sunday from 10 a.m. to 4 p.m.; and the third Thursday of every month from 10 a.m. to 8 p.m. Admission is \$18 for adults, \$8 for children 4-17, \$14 for seniors 65 and over and for college students with ID. Admission is free for museum members and children under age 4. On the first Sunday of each month, admission is free for everyone. Museum parking is free. For more information, visit worcesterart.org.

public notices

HOW TO SUBMIT PUBLIC NOTICES

All public notices to be published in the *Ware River News* should be sent directly to notices@turley.com. Please indicate the newspapers and publication date(s) for the notice(s) in the subject line of your email. For questions regarding coverage area, procedures or cost, please call 413-283-8393.

Turley Publications, Inc. publishes 14 weekly newspapers throughout Western Massachusetts. Visit www.turley.com for more information.

of this Court
Date: January 09, 2020
Michael J. Carey
Register of Probate
1/16/2020

Notice of Sale of Motor Vehicle under G.L. c. 255, Section 39A Notice is hereby given by: REGIN’S REPAIR, 19 Church St., Gilbertville, MA 01031, pursuant to the provisions of G.L. c. 255, Section 39A, that on **January 24, 2020 at 10:00 a.m.** at: Regin’s Repair, 19 Church St., Gilbertville, MA by private sale the following Motor Vehicle will be sold to satisfy the garage keeper’s lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle.
Vehicle description: 2012 Toyota Sienna Van Registration#/State: 6VZH19/Mass vin: 5TDYK3DC7CS276664 Name and address of owner: Scott D Barilaro 185 McKay Rd. New Braintree, MA 01531
By: **James M. Regin**
1/09, 1/16, 1/23/2020

TOWN OF HARDWICK REQUEST FOR PROPOSALS SALE OF THE PAIGE AGRICULTURAL PROPERTY
In accordance with G.L. c.30B, the requirements of which are incorporated herein, the Town of Hardwick seeks written proposals to sell the Town’s real property located at 43 Barre Road, Hardwick, Massachusetts, consisting of approximately 0.078 acre of land (the “Land”) and a building thereon containing approx-

imately 3,306 square feet, known as the Paige Agricultural Building (the “Building” and, together with the Land and other improvements thereon, the “Property”) for any and all permitted uses, with a preference given to a proposer who uses and/or develops the Property for the purpose of promoting local agriculture and community use.

The Property located at 43 Barre Road, Hardwick, Massachusetts, shown on Assessors Map 33 as Lot 13, contains 0.078 acres of land , more or less, and is believed to be described more particularly, in whole or in part, in a deed recorded with the Worcester District Registry of Deeds in Book 2539, Page 577. The Property is located in the Village Residential zoning district according to the Hardwick Zoning By-law.

The RFP is available on the Town’s website www.townofhardwick.com; or www.mytowngovernment.org; or by emailing the Town Administrator at admin@townofhardwick.com and is also available at the Hardwick Municipal Office Building.

The Town reserves the right to reject any and all proposals, to negotiate any and all non-mandatory sale terms with the successful proposer, or to cancel this procurement at any time if it is in the Town’s best interest to do so.

Sealed proposals must be received no later than 6:30 PM on Monday, February 10th, 2020 at the Office of the Town Administrator, Hardwick Municipal Office Building, 307 Main Street, Gilbertville, MA 01031.

Kenan P. Young, Chairman
Hardwick Board of Selectmen
1/09, 1/16/2020

LEGAL NOTICE
In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of **Country Corners Storage & Realty**, in order to satisfy past due rents and other expenses, the contents of the following storage units will be sold for non-payment on **Saturday, January 18, 2020 at 11:30 a.m.** on the premises of **Country Corners Storage, 50 Greenwich Rd., Ware, MA** (413)967-6095.
Peggy Currier: Building 6 Unit 4
Robert Gardner: Building 7 Unit 10
1/09, 1/16/2020

TOWN OF WARE Notice of Public Hearing
The Board of Selectmen has scheduled a public hearing at **7:15 p.m. on Tuesday, February 4, 2020** in the Selectmen’s Meeting Room, 126 Main Street, Ware.

The purpose of this hearing is discussion of parking issues on High Street, Cottage Street, Prospect Street, School Street, Walnut Street, and Pulaski Street. Based on citizen comments, the Board of Selectmen will consider limiting parking on one side only or other changes.

All interested residents are invited to attend and give comment. Comments may also be submitted in writing to: Town Manager’s Office, 126 Main Street, Ware, MA 01082 or by email to mmidura@townofware.com.

This notice shall also be posted on the Massachusetts Newspaper Publishers Association’s (MNPA) website (<http://masspublicnotices.org>).

Alan G. Whitney
Chairman
Board of Selectmen
1/16/2020

Commonwealth of Massachusetts The Trial Court Hampshire Probate and Family Court 15 Atwood Drive Northampton MA, 01060 (413)586-8500 Docket No. HS20P0015PM In the Estate of Shirley M Ratcliffe Of: Ware, MA RESPONDENT

TMS from page 7

TMS is generally prescribed for six weeks, five days a week, with an additional six sessions during a three-week taper or wind down, for a total of 36 sessions over a couple of months. Each treatment lasts about 20 minutes. TMS requires no anesthesia or sedation, and patients are awake and alert during treatment and people are able to resume normal activities immediately afterwards. During treatment, the patient is awake in a comfortable chair. A small magnetized wand rests lightly on the patient’s head, delivering focused magnetic stimulation directly to the area of the brain thought to be involved in regulating mood.

Most common side effects are scalp/localized pain that decreases as the patient becomes accustomed to the sensation of the magnetic stimulation, tooth pain, headaches and in a very rare (one in 30,000) chance of having a self-limiting seizure. The presence of ferromagnetic metal, metal that moves with magnetic activity, in the area of the head and neck like implanted brain stimulators, a metal clip in a cerebral vessel or shrapnel like from a military related injury, a cochlear implant and a history of seizures are the most common contraindications.

TMS treatment is covered by almost all insurance plans.

“The response to treatment for patients who tried a lot of antidepressants is excellent,” said Zaghloul. “At the Griswold Center, two thirds of patients showed improvement in their depression scores and a little less than a third had almost complete resolution (remission) of their depression.”

The Baystate Wing Griswold Center has been operating an outpatient service for over 25 years to address the long-term needs of psychiatric patients and provide services for all ages from young children through the end of life. The team of 31 clinicians includes psychiatrists specializing in child

psychiatry, psychiatrists and therapists working with adults, adolescents and children. In addition to TMS treatment and diagnostic and psychopharmacology services, the team provides individual, couples, family and group therapy and specialized groups.

Modalities including yoga group therapy for patients with PTSD, clinical hypnosis, narrative therapy, motivational enhancement therapy, and social skills group for children and adolescents.

The Griswold Center also has a full complement of clinicians specializing in substance use disorders. The team offers individual and group therapy, early recovery groups, individual counseling for adolescents, and the Operating Under the Influence Second Offender Program in partnership with the court, and medication for opioid use disorder including buprenorphine (suboxone) and naltrexone (vivitrol).

The Griswold Center for Behavioral Health, a service of Baystate Wing Hospital, provides outpatient mental health and addiction recovery services. It has clinicians co-located in its primary care clinics in Belchertown and Ludlow, providing easier access for those community members.

Most insurance plans are accepted. For more information, call the Griswold Behavioral Health Center at 413-370-5285.

Tell the world you said "YES"!

Place your FREE announcement in the *Ware River News*.

Use this form as a guideline to send in your wedding announcement.

PICTURES ENCOURAGED!

Name _____
Parents (names & home town) _____
Education _____
Current job/student status _____
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Education _____
Current job/student status _____
Who is making the announcement? _____
Date and place of upcoming nuptials _____
Additional Information _____
EMAIL INFORMATION TO ekennedy@turley.com or through facebook .com/WareRiverNews



It's aboy! ...or girl!

Place your FREE announcement in the *Ware River News*.

Use this form as a guideline to send in your birth announcement.

PICTURES ENCOURAGED!

Baby's name _____
Parents (names & home town) _____
Siblings (names & home town) _____
Maternal Grandparents (names & home town) _____
Paternal Grandparents (names & home town) _____
When was the baby born? _____
Additional Information _____
EMAIL INFORMATION TO ekennedy@turley.com or through facebook .com/WareRiverNews

BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for the Ware River News, please email ekennedy@turley.com.

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is offering our local businesses an opportunity to advertise at a **reduced rate!**

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John and Cassie Paolucci
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visit www.publicnotices.turley.com

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		I	M	A	M				T	A	B	L	E	D
S	A	L	A	L						L	E	E	R	S
A	R	I	S	E	S				K	I	E	V		
R	M	A		P	A	R		S	H	F		A	A	R
C	O	N	S		C	A	C	T	I		S	R	N	A
A	R	S	O	N		P	I	A		S	A	D	A	T
S	I		C	O	R	I	A	N	D	E	R		L	A
M	E	G	A	T	O	N		C	A	I	S	S	O	N
	S	E	S	A	M	E		H	O	S	I	N	G	